



Community Connection

Licking Memorial Health Systems

(740) 348-4000 (phone) • www.LMHealth.org



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Measurably Different ... for Your Health!

LMH Cancer Care Leads State and Nation in Performance Measures



Aruna C. Gowda, M.D. (left), and Jacqueline J. Jones, M.D. (right), of Licking Memorial Hematology/Oncology carefully follow the Commission on Cancer's best practices to provide patients with the best possible treatment.

The American College of Surgeons' Commission on Cancer (CoC) has compiled cancer practice performance measure results from more than 1,500 accredited cancer programs throughout the nation's 50 states and Puerto Rico. The report used the 2010 National Cancer Data Base, the pre-eminent source of cancer information, to compare key measures of quality care for 70 percent of newly diagnosed malignancies in the U.S. The 2010 National Cancer Data Base is the most

recent information that is available. The report revealed that the Hematology/Oncology Department at Licking Memorial Hospital (LMH) is performing

LMH Cancer Care Leads State and Nation in Performance Measures (continued on page 2)

LMH Named to 100 Top Hospitals® List for an Eleventh Year by Truven Health Analytics

Licking Memorial Hospital has been named one of the nation's 100 Top Hospitals® by Truven Health Analytics, formerly the healthcare business of Thomson Reuters. Truven Health Analytics is a leading provider of information and solutions to improve the cost and quality of health care.

TRUVEN HEALTH ANALYTICS



The Truven Health 100 Top Hospitals study evaluates performance in 10 areas: mortality, medical complications, patient safety, average patient stay, expenses, profitability, patient satisfaction, adherence to clinical standards of care, post-discharge mortality, and readmission rates for acute myocardial infarction (heart attack), heart failure, and pneumonia. The study is celebrating its twentieth year, and has been conducted annually since 1993. This is the eleventh time that Licking Memorial Hospital has been recognized with this honor.

LMH Named to 100 Top Hospitals® List (continued on page 3)

Check out our Quality Report Cards online at www.LMHealth.org.

See pages 16-22 for Quality Report Cards in this issue.

COMMUNITY EDUCATION

Total Knee Replacement

- Date:** Thursday, March 21
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 p.m.
- Speaker:** Edward Westerheide, M.D.

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Friends and Family CPR

- Date:** Thursday, March 28
- Location:** LMH First Floor Conference Rooms
- Time:** 6:00 – 7:00 p.m.
- Speaker:** Ronda Stegman

(continued on page 9)

Safe Sitter®

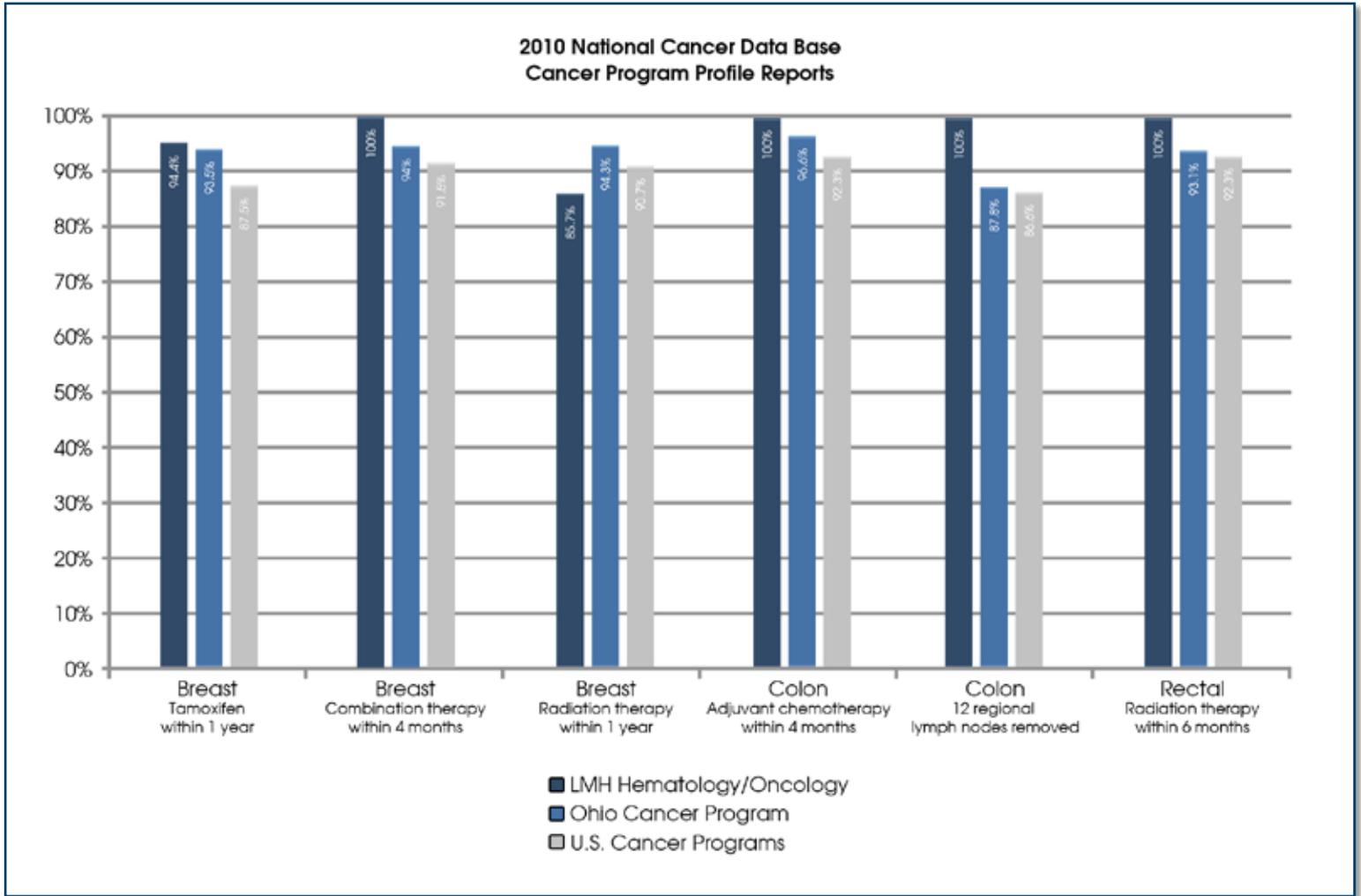
- Date:** Saturday, April 6
Sunday, April 7
- Location:** LMH First Floor Conference Rooms
- Time:** 9:30 a.m. – 3:30 p.m.

(continued on page 6)

Dining with Diabetes

- Date:** Thursday, April 11
Thursday, April 18
Thursday, April 25
- Location:** LMH First Floor Conference Rooms
- Time:** 5:30 p.m.
- Speaker:** Annmarie Thacker, M.S., R.D., L.D., C.D.E.
Shari L. Gallup, M.S.

(continued on page 14)



ahead of most other cancer programs in the state and even in the nation.

“The survey found that our Hematology/Oncology staff is consistently thorough and proactive in providing the best care available anywhere,” explained Licking Memorial Health Systems President & CEO Rob Montagnese. “Patients who receive a cancer diagnosis often feel vulnerable and frightened. They put their trust in our multi-disciplinary team approach to recommend the correct course of treatment and to provide their care precisely according to best practices. The CoC survey demonstrates that our cancer patients have made a good decision by turning to LMH for their care.”

The standard-of-care measures that the CoC examined at LMH for comparison with other cancer programs include three best practices for breast cancer, two for colon cancer and one for rectal cancer. Combined, the three sites represented 25 percent of new cancer diagnoses in Licking County in 2010. The six best practices included:

- Breast cancer – Tamoxifen or third generation aromatase inhibitor is considered or administered within one year of diagnosis for women with AJCC T1c NO MO, or stage II or III ERA and/or PRA positive breast cancer.
- Breast cancer – Combination chemotherapy is considered or administered within four months of diagnosis for women

under 70 with AJCC T1c NO MO, or stage II or III ERA and PRA negative breast cancer.

- Breast cancer – Radiation therapy is administered within one year of diagnosis for women under age 70 receiving breast conserving surgery for breast cancer.
- Colon – Adjuvant chemotherapy is considered or administered within four months of diagnosis for patients under the age of 80 with AJCC stage III (lymph node positive) colon cancer.
- Colon – At least 12 regional lymph nodes are removed and pathologically examined for resected colon cancer.
- Rectal – Radiation therapy is considered or administered within six months of diagnosis for patients under the age of 80 with clinical or pathologic AJCC T4NOMO or stage III rectal cancer receiving surgical resection.

In five of the six measures, LMH exceeded both the state and national averages for compliance (see graph above). In four measures, LMH’s performance was rated a perfect 100 percent.

LMH’s cancer program has been continuously accredited by the CoC since 2000. Accreditation is granted only to facilities that voluntarily commit to provide the best in cancer diagnosis and treatment, and comply with established CoC standards.

“Earning the 100 Top Hospitals award for an eleventh time is an outstanding achievement,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “This designation is extremely rewarding to our employees, medical staff, management team, board members and volunteers who strive daily to ensure excellent health care for our community.”

To conduct the 100 Top Hospitals study, Truven Health researchers evaluated 2,922 short-term, acute care, non-federal hospitals. They used public information – Medicare cost reports, Medicare Provider Analysis and Review (MedPAR) data, and core measures and patient satisfaction data from the Centers for Medicare and Medicaid Services (CMS) Hospital Compare website. Hospitals do not apply, and winners do not pay to market this honor. The winning hospitals were announced in the February 25 edition of Modern Healthcare magazine.

“The winners of the 100 Top Hospitals award have driven the national benchmarks higher every year for 20 years. This year’s winners have brought even higher value to their local communities – better quality, higher efficiency and high patient perceptions of care, while confronting

the challenges of massive industry-wide transformation to implement healthcare reform,” said Jean Chenoweth, senior vice president at Truven Health Analytics. “The key to success in a tumultuous environment is visionary leadership that develops and maintains a hospital-wide culture of excellence that cuts across everything, from patient care to housekeeping to administration, and the refusal to rest on laurels when it comes to adopting new technologies and techniques. I congratulate this year’s winners for their persistent drive for excellence.”

If all Medicare inpatients received the same level of care as those treated in the award-winning facilities:

- More than 164,000 additional lives could be saved.
- Approximately 82,000 additional patients could be complication free.
- \$6 billion could be saved.
- The average patient stay would decrease by nearly half a day.

If the same standards were applied to all inpatients, the impact would be even greater. More information on this study and other 100 Top Hospitals research is available at www.100tophospitals.com.

LMH Cancer Program Receives Accreditation



Jennifer Carpenter, R.N., of LMH Hematology/Oncology, checks Lisa Burkett's blood pressure before beginning a chemotherapy treatment.

The Hematology/Oncology Department at Licking Memorial Hospital (LMH) has received the prestigious Three-Year Accreditation with Commendation from the American College of Surgeons' Commission on Cancer (CoC). The accreditation was awarded following an on-site evaluation.

To be considered for accreditation, a hospital or cancer program must compile extensive information, including patient data and treatment plans, over a three-year period. The LMH

Hematology/Oncology Department received top scores in all eight categories of standards being reviewed, including:

- Institutional and programmatic resources
- Cancer committee leadership
- Cancer data management and cancer-registry operations
- Clinical management
- Research
- Community outreach
- Professional education and staff support
- Quality improvement

LMH Vice President Patient Services Debbie Young said, “The CoC’s Three-Year Accreditation with Commendation is an important affirmation that our cancer patients are receiving excellent care and leading-edge treatment. The CoC grants accreditation only to facilities that are committed to the best cancer diagnosis and treatment practices and comply with CoC’s standards. We are honored to be rated among the best-rated cancer programs.”

The Hematology/Oncology Department at LMH provides comprehensive cancer care for patients. The Oncology program focuses on cancer prevention and early detection, diagnosis, pretreatment evaluation, treatment, rehabilitation, psychosocial support and end-of-life care.



Inaugural Active•Fit Winners Recognized at Reception

Licking Memorial Health Systems (LMHS) hosted a special reception in early February to honor the Active•Fit prize-winners from Period 1. More than 850 Licking County children ages 6 to 12 registered for the youth wellness program in 2012, and those who completed their goals between September 1 and December 31 were entered into a special drawing. The 20 winners and their families gathered at Licking Memorial Hospital to receive their prizes, enjoy healthy refreshments and celebrate their achievements.

LMHS President & CEO Rob Montagnese and Newark Advocate President & Publisher and Media Network of Central Ohio President Bill Albrecht presented a variety of prizes including: Dick's Sporting Goods gift cards, iPod Nanos with fitness software, Nike shoes, bicycles and Xbox 360s with Kinect and fitness games. Once the awards were distributed, Rob and Bill led an informal discussion with the winners about the positive impact of the Active•Fit program over its inaugural four months. During the informal discussion, the youth participants shared their experiences with eating healthier foods, drinking more water and milk instead of sugary beverages, exercising more and sleeping better.

Several children also highlighted the added benefits of a healthier lifestyle or the unique ways they met their goals. Isaiah Rush, a fourth-grader at St. Francis de Sales Elementary School, found he was better able to fend off seasonal illnesses, such as influenza or

the common cold, thanks to an improved diet and increased exercise. Isaiah won a \$50 Dick's Sporting Goods gift card for his participation in the first period of the Active•Fit program. Kristina Gee, a fourth-grader at Licking Valley Intermediate School, accomplished some of her goals through community service volunteering to walk dogs at a local animal shelter. Kristina won a pair of Nike running shoes, an iPod Nano and Nike+ iPod sport kit.

"The Active•Fit program supports our mission to improve the health of the community, and I hope this is the first of many times we gather to celebrate your achievements," Rob said to the Period 1 winners. "I have received calls from other hospitals and health systems in the State asking about Active•Fit and how to start similar programs. It is exciting to think that our efforts to promote healthy lifestyles in children through Active•Fit could become a model for other communities throughout Ohio."

During Period 1, LMHS offered several Active•Fit events and promoted the program through assemblies in more than 20 elementary and intermediate schools in Licking County. To qualify for the next incentive prize drawing, all program participants must complete newly chosen goals in Period 2, which began January 1 and runs through April 30. For more information or to register for the Active•Fit Youth Wellness Program, please visit www.ActiveFit.org.



Active•Fit
YOUTH WELLNESS PROGRAM

The Active•Fit program promotes healthy lifestyles for youth ages 6 to 12.

Visit www.ActiveFit.org to register. Participants who complete the free program will be entered into a drawing to win prizes!

Newark Advocate Media
A GANNETT COMPANY

www.ActiveFit.org

Licking Memorial Health Systems

Active•Fit Program Wins National Award

Licking Memorial Health Systems (LMHS) recently received recognition for the Active•Fit Youth Wellness Program through the Hospital Charitable Service Awards, sponsored by Jackson Healthcare. The national award program recognizes hospitals that have a commitment to their community beyond community benefit and free care, and lead innovative efforts to improve local health and increase access to healthcare education and services.



LMHS President & CEO Rob Montagnese. “We hope that as the program shows measurable results, it will become a template for other communities nationwide to reduce childhood obesity.”

The Active•Fit Youth Wellness Program, which began in September 2012, was created by LMHS and Newark Advocate Media in response to the rise of childhood obesity in the U.S. The year-round goal program aims to promote healthy lifestyles and habits among Licking County

The 2013 awards were presented to 14 U.S. healthcare organizations within two categories: “Programs of Excellence” and “Programs of Promise.” To qualify for consideration, each nominee was required to demonstrate excellence in the following criteria: community impact, innovation, collaboration, transferability and best practice. The Active•Fit Program was one of four winners in the Programs of Promise category. Although too new to report sustainable impact data, each of the four winning programs demonstrated a clear vision for addressing underserved community health and prevention needs.

youth, ages 6 to 12. Participants and their parents may register for the free program online at www.ActiveFit.org.

Jackson Healthcare instituted the Hospital Charitable Services Awards in 2010 to identify notable healthcare programs, share their stories and make them models for other programs. The organization is the third largest healthcare staffing company in the U.S., and serves more than 4 million patients in over 1,300 hospitals. Jackson Healthcare also provides technology solutions that enable total hospital efficiency, and has earned national media coverage by providing innovative solutions to healthcare problems, in addition to championing local, national and international charitable work.

“We are pleased that the Active•Fit Program has been recognized as a promising youth wellness program, even in its infancy,” said



National Doctors' Day March 30

In recognition of Doctors' Day, express your appreciation for your favorite physician by making a donation to the Licking Memorial Health Foundation in his or her honor. Contributions will be utilized for facility improvements at Licking Memorial Hospital. For more information, or to make a donation in a physician's name, please call (740) 348-4102. To make a donation online, visit www.LMHealth.org, and click on the Doctors' Day Recognition link.

LMH Wound Clinic Relocates

The Wound Clinic at Licking Memorial Hospital (LMH) has moved to the second floor of the Licking Memorial Hospital – Tamarack building, located at the intersection of West Main Street and Tamarack Road. The relocation allows additional space for wound services and convenient access for patients.

The LMH Wound Clinic treats outpatients who require care for chronic or complicated wounds. Examples of conditions that are commonly treated at the LMH Wound Clinic include venous stasis ulcers, diabetes-related ulcers, open/infected wounds, non-healing surgical incisions, burns, bed sores and ostomies. The Clinic is staffed by physicians and registered nurses who are also specially trained and certified in wound care.

During the patient's first visit, the wound is measured and photographed to begin a record of the healing process, and the physician and patient create a customized healing plan. Between visits with the LMH Wound Clinic physician, patients may also schedule visits with a registered nurse who is certified in wound care.

Appointments at the LMH Wound Clinic are made by physician referral and are available Monday through Thursday, 8:00 a.m. to 5:00 p.m., and on Friday from 8:00 a.m. to 3:30 p.m. For more information about Wound Clinic services, please call (740) 348-1993.



The LMH Wound Clinic has relocated to Licking Memorial Hospital – Tamarack.

Community Education – Total Knee Replacement *(continued from front page)*



Edward
Westerheide,
M.D.

Joint disease can be both painful and disabling, leaving individuals unable to participate in the activities they once enjoyed. Conservative treatment measures, such as medication, change in activity and the use of mobility aids are helpful, but often prove inadequate as joint disease progresses.

Replacing the diseased knee joint through a surgical procedure known as total knee replacement offers the best method for reclaiming an active life. The number of total knee replacements performed in the U.S. increases every year and ongoing improvements in surgical techniques continue to increase the effectiveness of this procedure.

Edward Westerheide, M.D., of Orthopaedic Specialists and Sports Medicine, will discuss the latest surgical options available during an educational session on **Thursday, March 21**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.

Community Education – Safe Sitter® *(continued from front page)*



Licking Memorial Hospital (LMH) will present Safe Sitter®, a hands-on seminar that prepares adolescents for the responsibilities of nurturing and protecting young children who are entrusted to their care. The class will be taught in a two-day series at the Hospital.

Safe Sitter is a national, non-profit organization that prepares 11- to 13-year-olds for the responsibilities of child care. The course follows medically accurate, competency-based information. The curriculum, developed by a pediatrician, covers preventive and response topics such as: infant and child CPR, choking response, preventing injuries, behavior management, and general child care essentials.

Teaching methods include hands-on practice with mannequins, role playing and interaction with a preschool-age child. Each participant must pass a written and practical exam in order to demonstrate competency in the course's key concepts.

Instructors for the course are Maternal Child Educators Ashlee Lake, B.S., RNC-OB, Amanda Baker, R.N., IBCLC and Cami Packham. The cost for the two-day course is \$40, which includes a Safe Sitter kit. To register, or for more information, please call (740) 348-4341.



Stroke Care at LMH

According to the Centers for Disease Control and Prevention, more than 800,000 people nationwide die each year after suffering a stroke, making it a leading cause of death in the United States. A stroke, which depletes the brain's oxygen levels and can result in brain tissue becoming damaged or dying, can be life-threatening without immediate treatment.

There are two types of strokes. An ischemic stroke – caused by a clot that blocks the blood supply to the brain, and a hemorrhagic stroke – caused when a blood vessel in or around the brain bursts. Depending on the type of stroke diagnosed, treatment may include clot-dissolving medication and even surgery. However, when a patient experiences either type of stroke, immediate emergency intervention is imperative to reduce the risk of brain damage.

Licking Memorial Hospital (LMH) recognizes that for every minute that passes without treatment, more brain tissue is irreversibly damaged. That prompted the implementation of the Code Stroke Team – a group of highly skilled neurologists, nurses, radiologists, laboratory technicians and pharmacists, who are notified in the event that a patient arriving in the LMH Emergency Department (ED) demonstrates signs of a stroke. Team members receive specialized training in the National Institutes of Health Stroke Scale (NIHSS) to quickly identify stroke patients, as well as Advanced Stroke Life Support (ASLS) education to ensure those patients receive prompt and efficient treatment.

“When a patient is experiencing a life-threatening stroke, LMH is committed to providing excellent care in the minimum amount of time,” said Debbie Young, LMH Vice President

Patient Care Services. “The faster the blood flow is re-established to the brain, the more brain tissue can be saved, which saves lives and increases the quality of life for our patients.”

In addition to the high-quality stroke care services provided directly by the Code Stroke team, LMH recently joined the OhioHealth Stroke Network, which provides added support for patients at the Hospital in the event an LMH neurologist is not immediately available or desires an additional consultation. As part of the Stroke Network, LMH has access to immediate, round-the-clock stroke care experts through the REACH Call™ telestroke application via a mobile cart. This application saves valuable time by providing two-way audio and visual communication capabilities that allow an off-site specialist to collaborate with the LMH Code Stroke team.

While LMH provides direct, on-site treatment, the Stroke Network team can remotely view the patient and provide evaluation, diagnosis and monitoring in real time. “We always strive to provide the highest quality services in conjunction with the latest advancements in technology,” Licking Memorial Health Systems (LMHS) President & CEO Rob Montagnese said. “We are proud to be able to offer this innovative service as an added safety net to our patients.”

The REACH Call™ telestroke application and off-site monitoring is provided at no cost to the patient. All OhioHealth Stroke Network physicians meet the LMHS credentialing standards prior to collaborating in LMH patient care.



Support Groups Offered at Licking Memorial Hospital

Community members are invited to join one of the newly offered Licking Memorial Hospital (LMH) support groups. The meetings are held at various times throughout the month and are free to the public; however, registration is required, and space is limited.

A New You: Weight Loss Support Group - *Fourth Wednesday of the Month, Beginning March 27, 6:00 p.m. in the LMH First Floor Conference Rooms*

LMH will provide an ongoing support group designed for individuals interested in making lifestyle changes for weight loss in 2013. The program will focus on healthy lifestyle changes related to permanent weight loss and improving overall health, as well as provide participants with an opportunity for ongoing support and encouragement. The meeting will feature guest speakers on a variety of topics, including exercise, nutrition and stress management. The facilitators of this group include LMH Dietitian Aundrea Parker, R.D., L.D., LMH Physical Therapist Kerri Marks, P.T., and LMHS Quality Manager, Patient Education Deb Pratt, R.N., B.S.N. Please call (740) 348-2527 to register.

Breast Cancer Support Group – *Second Tuesday of the Month, Beginning April 9, 6:00 p.m., in the LMH Auditorium*

Living day-to-day with breast cancer can be a difficult and lonely journey. This group will offer encouragement, education and an opportunity for participant discussion. The group is limited to those with breast cancer, and a spouse or significant other. The facilitators of this group include LMH Oncology Nurse Cynthia Land, R.N., B.S.N., and LMHS Quality Manager, Patient Education Deb Pratt, R.N., B.S.N. Please call (740) 348-2527 to register.

First Impressions Breastfeeding Mothers' Support Group – *One Tuesday each Month, 10:30 a.m. in the LMH Auditorium*

This LMH-sponsored group offers support and encouragement to breastfeeding mothers and will be facilitated by an LMH international board certified lactation consultant, who will be available to answer questions. Infant weight checks will be offered and light refreshments will be served. Please call (740) 348-4346 for registration and an upcoming meeting schedule.

Nutrition and Exercise for Life Workshop

Date: Tuesday, April 2
Tuesday, April 9
Tuesday, April 16

Location: Licking Memorial Wellness Education Center at C-TEC

Time: 6:00 – 7:30 p.m.

Speakers: Aundrea Parker, R.D., L.D.
Kerri Marks, P.T.



Aundrea Parker,
R.D., L.D.



Kerri Marks, P.T.

If you have attended weight loss seminars, but lack a practical plan to reach your weight loss goal, consider attending this three-part workshop on healthy weight loss. This program focuses on practical steps and guidance to develop a personalized weight loss plan, including recipe modification, smart grocery shopping, cooking demonstrations and beginning exercise.

Join Licking Memorial Dietitian Aundrea Parker, R.D., L.D., and Licking Memorial Physical Therapist Kerri Marks, P.T., for this nutrition and exercise workshop on Tuesday, April 2, Tuesday, April 9 and Tuesday, April 16. The workshop will be held in the Licking Memorial Wellness Education Center at C-TEC, located at 150 Price Road in Newark. Participants should follow the signs to student parking on Price Road and enter through the Boulevard entrance. The program is free; however, registration is required. To register, please call (740) 348-2527.

Interpretive Services Aid Effective Communication Efforts at LMHS

In order to best serve the entire community, Licking Memorial Health Systems (LMHS) strives to communicate effectively with all patients and visitors. A primary goal of LMHS is to identify and meet patients' oral and written communications needs so they are able to receive and understand all relevant information during the provision of care. In cases where patients, family members or legal guardians do not speak English as a primary language or are deaf or hard of hearing, LMHS offers interpretive services to allow treatment discussions to occur in their preferred language. These services are provided at no cost to the patient.

Interpreters are utilized from numerous agencies throughout Central Ohio, but only after LMHS first verifies they possess the skills necessary to meet the demands of a healthcare setting. Experience, education, training and background are all important factors when considering potential interpreters, but language fluency, understanding a patient's cultural differences and the ability to correctly translate medical terminology are particularly crucial.

Guidelines from the Department of Health and Human Services Office of Civil Rights state an interpreter must be used at critical points during the administration of services. These critical points can include, but are not limited to:

- Obtaining medical history
- Obtaining consents of treatment
- Explaining procedures or treatment options
- Explaining treatment or surgery
- Determining if a patient is conscious
- After surgery or in critical care situations
- During physician visits
- During medical teaching sessions
- During emergencies
- During admission and discharging of patients
- Identifying abuse or neglect

Whenever possible, interpretive services are provided alongside a patient by a qualified interpreter, but emergency situations may not permit one to be present. In order to administer treatment as quickly as possible in such instances, the Language Line telephone service may be used as needed until an interpreter is available to support in person. Select LMHS staff members also



serve as back-up interpreters in emergencies. Once LMHS identifies capable employees and determines their skill level as an interpreter, they are utilized in situations that best match their qualifications. LMHS discourages a patient's family and friends from acting as interpreters since they are often unfamiliar with complex medical terminology or may not be able to accurately translate information due to their emotional state during a medical emergency.

According to the U.S. Census Bureau's 2010 figures, languages other than English are spoken in only 3 percent of Licking County homes. Despite the relatively low number, there is an ongoing need for interpretation services within the Health Systems. In 2012, LMHS provided more than 130 interpretive services, the majority of which were for Spanish (100), and Language Line services were utilized for more than 300 minutes. In addition, LMHS provided 172 American Sign Language services last year.

Arrangements for interpreters are generally made on behalf of the patient. In outpatient departments and physician offices, an LMHS employee will schedule an interpreter after being notified that one is needed at an appointment. For patients seen in the Emergency Room or admitted to Licking Memorial Hospital, staff members will make all necessary arrangements. For any questions related to interpretive services at LMHS, please call (740) 348-4774.

Community Education – Friends and Family CPR *(continued from front page)*



Ronda Stegman

Knowing the actions to take during a medical emergency can mean the difference between life and death for the person in need. This program will teach the basic CPR skills needed to provide immediate help to adults and children.

Join Licking Memorial Community Training Center Coordinator Ronda Stegman, to learn the basics of CPR and how easy it is to save a life on **Thursday, March 28**, at 6:00 p.m., in the LMH First Floor Conference Rooms, located at 1320 West Main Street in Newark. Registration is required. To register, please call (740) 348-2527.



Reach Out and Read Promotes Literacy in Pediatric Care

The Reach Out and Read program, a national initiative, is making great strides in augmenting the existing model of primary pediatric care. A child's regular pediatrician appointments through age five largely focus on physical and behavioral development; however, Reach Out and Read is working to make literacy development a standard component of those physician visits, as well. By encouraging families to read together, medical professionals promote the spoken and written language skills that ultimately put children on track toward eventual school success and a lifelong love of reading.

William Knobeloch, M.D., a member of the Active Medical Staff at Licking Memorial Hospital (LMH), started the local program in 2010 through the Children's Reading Foundation of Licking County. Recognizing the benefits of working within the existing pediatric care structure, Dr. Knobeloch offered to spearhead the Reach Out and Read initiative in support of the Foundation's goal to help children learn to read early and well.

"Pediatricians are uniquely positioned to impact literacy development because we provide good information, have access to children and have the trust of their parents," Dr. Knobeloch said. "Recent research shows children develop pre-reading skills by age two – well before they reach preschool – and their regular pediatric care visits likely provide the most frequent developmental guidance they receive during this crucial period. Parents also view pediatricians as a trusted source of information and take seriously the recommendations we make for the benefit of their child."

Following Reach Out and Read's proven model, children receive a free, developmentally-appropriate book at each exam from six months to five years of age. Physicians and nurses trained in Reach Out and Read's curriculum of early literacy promotion also give parents advice about the importance of reading to their children. With parents supported as their children's first and most important teachers and more books available at home, families are more likely to read together regularly. The noticeable results are

the improved vocabularies and language skills of children who participate in Reach Out and Read during their preschool years. Since they then enter kindergarten with a solid literacy foundation, they are better prepared to achieve their potential in the classroom and beyond.

In addition to Dr. Knobeloch's American Health Network practice, Licking Memorial Health Professionals' (LMHP) three pediatric offices – East, Tamarack and Pataskala – have been involved in Reach Out and Read from the outset. Licking Memorial Family Practice – North Newark also recently joined the efforts. Raising funds remains the initiative's biggest challenge with approximately 8,000 books distributed at the five offices last year. However, regular contributions from Licking Memorial Health Systems (LMHS) and grants through the Licking County Foundation, the Lindorf Family Foundation and Reach Out and Read Ohio have provided most of the capital needed to maintain a sufficient inventory of books.

The positive effect of the Licking County program is measurable. Licking Valley School District reports – and partially attributes to Reach Out and Read – an increase in literacy-skill readiness among beginning kindergartners from 45 percent to 80 percent over the past three years.

"My hope is that this proves to be a sustainable program and we're not just putting a Band-Aid on the problem," said Dr. Knobeloch. "Children are born to first-time parents every day. We need to put new books in their hands and educate them on the importance of reading together as a family. If Reach Out and Read continues to be successful in Licking County and throughout the country, literacy will become recognized as a standard pediatric developmental milestone."

Nationwide, Reach Out and Read serves 4 million children and distributes more than 6 million books annually. In Ohio, 142 local Reach Out and Read programs gave away more than 220,000 books to nearly 150,000 children in 2012.

Dr. Quimjian Retires from LMH Active Medical Staff



At his retirement reception, John Quimjian, M.D. (right), received a plaque from LMHS President & CEO Rob Montagnese (left) recognizing his 27 years of service to LMH.

Following a distinguished 27-year career, John Quimjian, M.D., has retired from the Licking Memorial Hospital (LMH) Active Medical Staff. A board-certified orthopedic surgeon and Fellow of the American Academy of Orthopaedic Surgeons, Dr. Quimjian practiced general orthopedic surgery with an emphasis on sports medicine, knee disorders and hand problems. To recognize his long-time commitment to the Licking County community, he has been appointed to the LMH Honorary Medical Staff.

Dr. Quimjian received his Doctor of Medicine Degree from The Ohio State University School of Medicine after completing his premedical education at Wittenberg University in Springfield, Ohio. Following a rotating internship and a residency in orthopedic surgery, he began practicing in Licking County and joined the LMH Active Medical Staff in 1986. At the Hospital, he served as Chief of Surgery from 2000 to 2003 and on the Medical Staff Credentials Committee from 2000 through his retirement. Last year, Dr. Quimjian became the first surgeon at LMH to use Zimmer® Patient Specific Instruments, which are customized to the unique anatomy of a patient, in knee replacement procedures.

Originally from Columbus, Dr. Quimjian became a founding partner of the Newark-based Orthopaedic Specialists and Sports Medicine, Inc. in 1999. He furthered his involvement in the local medical community as a past President of the Licking County Medical Society and Moundbuilders Physicians Association.

“Physicians the caliber of Dr. Quimjian are the reason that LMH has one of the best medical staffs in the state of Ohio,” said Licking Memorial Health Systems President & CEO Rob Montagnese. “He is an extremely gifted surgeon and clinician, and the Hospital and community were incredibly fortunate to benefit from his skill and expertise over the past 27 years.”

On January 30, patients and coworkers attended a reception at LMH to thank Dr. Quimjian for his years of service. In retirement, Dr. Quimjian and his wife, Lina, plan to maintain a residence in Central Ohio while spending winters in Palm Springs, California.

Orthopedic Practice Shifts Emphasis to Subspecialties

With the retirement of founding partner John Quimjian, M.D., on January 31 after a 27-year career, Orthopaedic Specialists and Sports Medicine, Inc. is following a growing trend in orthopedic practice toward subspecialization. According to a 2010 survey of its members, the American Academy of Orthopaedic Surgeons (AAOS) reported less than one in four (23 percent) orthopedists identified themselves as a general orthopedic surgeon, a 21-percent drop from 1990. The majority of respondents to the 2010 AAOS survey were either specialists (46 percent) or generalists with specialty interest (31 percent).

“Medical advances can make it harder for a generalist to keep up-to-date across a broad spectrum of topics. The move toward subspecialization allows a surgeon to narrow the focus and develop deeper knowledge and skills in a smaller area of expertise,” said Edward Westerheide, M.D., who founded the practice with David Jackson, M.D. and Dr. Quimjian. “In fact, it has become commonplace over the past 20 years for orthopedic surgeons to pursue subspecialties through fellowship programs.”

The four remaining physicians at Orthopaedic Specialists and Sports Medicine, Inc. – Dr. Jackson, Dr. Westerheide, Brad Bernacki, M.D., and Michael Vaccariello, M.D. – are primarily general orthopedic surgeons. Dr. Westerheide (advanced shoulder surgery), Dr. Bernacki (advanced foot and ankle surgery) and Dr. Vaccariello (sports medicine) add subspecialties to their areas of interest. Emphasizing subspecialization is meant to best serve their patients in the future. Determining the proper subspecialist for a patient before a referral is made enables the same physician to be involved from the initial visit through the entire treatment process.



Red Dress Event Presents Healthy Heart Information for Women



Featured speaker Gail Hogan urged guests at The Heart Truth – Go Red for Women to begin making small changes immediately to improve their health.

Award-winning journalist Gail Hogan's message during The Heart Truth – A Red Dress Event on January 31, was that women should begin making changes to protect their hearts long before they begin to show any symptoms of heart disease. She urged the 310 guests at the ninth annual event to make small lifestyle improvements on a continuous basis to improve their health. "So much about heart disease is preventable," Gail said. "You can begin by taking a walk each day. You owe it to yourself and your loved ones to pay attention to your own

health. Women tend to nurture others and neglect to nurture themselves."

The Heart Truth – A Red Dress Event is hosted annually by Licking Memorial Health Systems (LMHS) to share information about women's heart disease and promote preventive lifestyle changes. Heart disease is the main cause of death for both men and women in the U.S., but it is often overlooked in women because they are more likely to exhibit atypical symptoms, or they may not talk to their physicians about their concerns. The red dress has become a national symbol to draw attention to heart disease in women.

"Sometimes, the first symptom of heart disease for a woman is that she collapses," Gail said. "Some women feel pain in their shoulders, back or neck, or no pain at all. The important thing is to listen to your body, and if you feel something is 'not right,' see a physician right away."

Gail is a heart disease survivor, herself. In 2006, she collapsed suddenly from cardiac arrhythmia while at work at WCMH-TV at the age of 32 and was resuscitated by coworkers. She received a pacemaker and implantable defibrillator and had open heart surgery to repair her heart mitral valve. In 2012, she underwent cardiac ablation to correct atrial fibrillation. "In my case, heart disease is caused by a congenital defect, but I exercise and watch what I eat, and I am able to enjoy very good health," she explained.

*Red Dress Event Presents Healthy Heart Information for Women
(continued on page 13)*

LMHS Director of Food Service Brian Merritt provided tips on healthy food options, and demonstrated recipes that were healthy, flavorful and convenient. “We want food that is fun and easy to prepare,” Brian said. “We can still enjoy our favorite dishes, but watch the portion size, and make healthful substitutions wherever possible.” One substitution that Brian suggested is to replace butter or mayonnaise with mashed ripe avocado in recipes to add valuable vitamins and minerals while reducing saturated fats and calories.



The winners of the red outfit competition were: (left to right): 2nd place – Geraldine Carter, 1st place – Anne Evans, and 3rd place – Cheryl Maier.

The information presented at The Heart Truth – A Red Dress Event resonated with Anne Evans of Johnstown who was attending the event for the first time. She said, “I used to wear a size 22 dress. At the age of 62, I was walking downtown and saw my reflection in a store window. I thought, ‘Is that what I look like?’ My grandmother lived to the age of 102 years. If I was going to live another 40 years like my grandmother

did, I knew I had better start taking better care of myself!” Anne lost more than 100 pounds and has maintained the weight loss for 10 years.

Anne joined a gym and began exercising with a personal trainer three times a week. She walked three miles per day and took a daily swim in her lake. She continued to enjoy her favorite foods, but practiced strict portion control. “For example, if I ordered a steak dinner at a restaurant, I divided the dinner into thirds. I ate one third and took the other two portions home,” she explained. Anne also credits her success to an additional step she took – turning off the television. She said, “For one-and-a-half years, I never turned on the TV. I listened to music constantly and danced all over the house!”

Fortunately, Anne has no personal or family history of heart disease. She attended The Heart Truth – A Red Dress event because she wanted to learn more about prevention methods she could take to protect her heart. Anne wore a red dress and a large red-and-white hat that she purchased in California. To her surprise, she received a \$100 spa gift card for winning top prize in the evening’s red outfit competition.

LMHS is committed to reducing the number of cardiac-related deaths among Licking County residents. In addition to The Heart Truth – A Red Dress Event, LMHS offers free pre-participation sports screenings and EKGs to middle and high school students. LMHS has donated more than \$300,000 to equip the county’s EMS vehicles with ECG transmission equipment, and more than 120 automated external defibrillators to area law enforcement agencies, schools and public buildings. In addition, Licking Memorial Hospital offers free Quit for Your Health tobacco cessation counseling and products to Licking County residents who want to quit using any form of tobacco.



LMHS Promotes Youth Wellness with Scholarship Program

As childhood obesity continues to increase across the Country, Licking Memorial Health Systems (LMHS) has reinforced its goal to encourage Licking County's youth to develop a lifelong commitment to healthy living. As part of that goal, as well as the LMHS mission to improve the health of the community, the Health Systems offers the Youth League Scholarship program.

LMHS initiated the program in 2010 to provide registration fee scholarships to ensure that young athletes in Licking County who are in need of financial assistance have the opportunity to participate in recreational team sports. "LMHS recognizes the importance of sports in encouraging physical activity and healthy lifestyle choices among our youth, and we are proud to offer the Youth League Scholarship program as a resource to promote youth wellness in our community," said LMHS President & CEO Rob Montagnese.

Currently, LMHS Youth League Scholarships are being offered for, but not limited to, the following leagues:

- AYSO Soccer
- Granville Recreational Commission
- Heath Sertoma Youth Athletic Association
- Johnstown Youth Athletic Association
- Lakewood Youth Baseball Association
- Lakewood Youth Softball Association
- Licking County Family YMCA Leagues
- Licking County Sports Association
- Licking Heights Youth Association
- Licking Valley Youth Bidy Football League
- Licking Valley Youth Sports Association
- Miller Park Diamond Association
- Mound City Little League & Softball
- Newark Area Soccer Association
- Newark Ice Hockey Association
- North Newark Little Leagues
- Southwest Licking Youth Baseball League
- Summit Station Licking Heights Youth Football Association
- Upward Basketball
- Utica Youth Athletics



The Licking Memorial Health Systems Youth League Scholarship program provides an opportunity for area youth who are in need of financial assistance to participate in recreational sports.

To be eligible for the scholarship, the athlete must be 15-years-old or younger and a resident of Licking County. The youth league's registration form must be submitted prior to applying for the scholarship, and a representative of the league must provide a recommendation before consideration for LMHS assistance. If selected for the LMHS Youth League Scholarship program, the athlete is required to participate in a minimum of 80 percent of the scheduled practices and games. In addition, a family member or representative must participate in at least one volunteer opportunity for the league during the scholarship season.

The LMHS Youth League Scholarship application form can be downloaded from the Community Support page of the LMHS Web site at www.LMHealth.org. Please contact the Licking Memorial Hospital Development Department at (740) 348-4102 with questions or for additional information.

Community Education – Dining with Diabetes *(continued from front page)*



Annmarie Thacker,
M.S., R.D.,
L.D., C.D.E.



Shari L. Gallup,
M.S.

Making smart meal choices is important for diabetes management, but healthy eating can be challenging. Dining with Diabetes is a three-part cooking school program for individuals with diabetes and their families that offers healthy alternatives to food preparation. The program, led by Registered Dietitian Annmarie Thacker, M.S., R.D., L.D., C.D.E., and Shari L. Gallup, M.S., will include healthy meal demonstrations, taste-testing and discussions about carbohydrates, fats and vitamins. In addition, a three-course meal will be served at each session.

Dining with Diabetes is presented by Licking Memorial Health Systems in partnership with The Ohio State University Extension Office. Advanced registration is required to attend the three-part program. Please call (740) 670-5315 to register. The cost is \$10 for senior citizens (age 60 and over), \$20 for all other participants, and is due at the time of registration. Space is limited – please register by Friday, April 5.

Physician Spotlight – Tiffany E.D. Inglis, M.D.



Tiffany E.D. Inglis,
M.D.

Tiffany E. D. Inglis, M.D., joined Licking Memorial Women's Health in August 2008. She practices both obstetrics and gynecology.

Dr. Inglis received her Medical Degree at the Medical College of Ohio in Toledo. She completed a residency in obstetrics/gynecology at Riverside Methodist Hospital in Columbus. She earned her Bachelor of Science degree in zoology at The Ohio State University.

She was born in Columbus and attended Bexley High School. She and her husband, Brian, are the parents of two children, Julia and Jack.

Dr. Inglis formerly coached a Central Ohio junior Olympic volleyball team. In her spare time, she enjoys reading, family activities and running.

Ask a Doc – Endometriosis with Tiffany E.D. Inglis, M.D.

Question: A recent ultrasound suggests that I may have endometriosis. Will I be able to have children?

Answer: Endometriosis is a condition where the same type of tissue that makes up a woman's uterine lining erroneously grows outside the uterus. According to the U.S. Department of Health and Human Services, more than 5 million American women of childbearing age have endometriosis, and as many as 40 percent of those women suffer fertility difficulties as a result.

Endometriosis growths usually appear in the pelvic cavity and can attach to the exterior of ovaries, uterus, intestines, or other organs. These growths can range from tiny spots to large cysts and may create adhesions and scar tissue that bind internal organs together. The two primary symptoms of endometriosis are infertility and pain; however, the level of pain is not indicative of the disease's severity. Women may experience a great deal of pain with minimal endometriosis growths, while other women may report no pain at all even though they have extensive adhesions.

In many cases, endometriosis is first detected as a result of fertility problems. The exact relationship between endometriosis and infertility is not clear, although fallopian tube blockage or changes in the uterine lining are suspected as causes. The good news is that most women with endometriosis are able to get pregnant without any treatment for the disease. There is no cure for endometriosis, but for those women who have tried unsuccessfully to conceive, there is hope through temporary treatment options.

Since endometriosis growths are made of the same tissue that lines the uterus to prepare for pregnancy, they are affected by

the same hormones that control the menstrual cycle. One method of treatment involves hormonal therapy to inhibit the woman's menstrual cycle and the growth of endometriosis. Before conception can occur, the hormones must be discontinued so that the menstrual cycle can resume.

Surgery to remove endometriosis tissue may be the best option for women with extensive growths or severe pain. Minimally invasive laparoscopy surgery allows the surgeon to remove or cauterize small areas of endometriosis, and is usually performed on an outpatient basis. With laparoscopy, three tiny incisions are made in the abdominal wall, and harmless gas is pumped into the pelvic cavity so the surgeon can operate using camera-guided instruments. Laparotomy, a major surgery, involves a larger abdominal incision. It is used to remove larger growths and requires a few days' hospitalization. In cases where a woman experiences heavy bleeding or debilitating pain, a hysterectomy to remove the uterus, and possibly the ovaries, may be the best treatment option if the patient does not want future children.

The cause of endometriosis is unknown, although it tends to run in families. It is diagnosed most frequently in women in their 30s and 40s. Symptoms of endometriosis include: infertility, very painful menstrual cramps, spotting between menstrual periods, fatigue, chronic lower back or abdominal pain, painful urination or bowel movements, diarrhea, constipation, bloating and nausea.



Patient Story – Katie Leibas

Twenty-seven-year-old Katie Leibas walked into the mobile PET testing unit next to Licking Memorial Hospital (LMH) with a heavy heart in July 2009. She had been diagnosed with Stage 3B Hodgkin's lymphoma one year earlier and received six months of chemotherapy treatment. Fortunately, her first two follow-up scans revealed no remaining traces of cancer, but this time she had a feeling that she was going to receive unfavorable news. "I did not have any real symptoms, but I know my body, and I just felt like the cancer had returned," Katie remembered. Then she received the crushing report that she did, in fact, have a renewed growth in her chest. If only she could have known then how miraculously her life would turn around in a short time!

After this second cancer diagnosis, Katie and her husband, Adrian, promptly consulted with Jacqueline J. Jones, M.D., of Licking Memorial Hematology/Oncology. "Dr. Jones had a long discussion with us about treatment options, and she thought that my best course of action would be a very aggressive stem cell transplant," Katie said.

"Katie was certainly worried about the new cancer diagnosis and how it might affect her family – especially her young son," Dr. Jones said. "A stem cell transplant is difficult for the patient, but I knew that Katie is a fighter, and the stem cell transplant offered the best prognosis."

After careful consideration, Katie agreed and saw an oncology specialist who performs stem cell transplants at The James Cancer Hospital and Solove Research Institute in Columbus. He assured Katie that her prognosis for recovery was good, however, he cautioned her that the intensive treatment would most likely destroy her fertility.

Katie and Adrian had not given a lot of thought to expanding their family. Their son, Cooper, was born just a few months before Katie's cancer ordeal first began in 2008, and their attention had been monopolized by new parents' responsibilities and cancer treatments. Now, they had just two weeks to decide whether to plan for additional children.

The Leibases decided to take the necessary steps to expand their family. They found a Cleveland fertility specialist who focuses on helping cancer patients. Through in vitro fertilization, the couple



Christmas 2012 at the Leibas home. Pictured are (left to right): Katie holding Asher, Cooper holding Cruz, and Adrian holding Bodie.

produced viable embryos that were frozen for future implantation. Katie was then ready to begin the long process of fighting the cancer in her body.

Fortunately, the cancer had not spread to her bone marrow, so Katie was able to use her own blood tissue for transplantation. First, she had a 10-week series of high-dose chemotherapy treatments at LMH to destroy the cancer cells. Then her body's blood supply was filtered eight times to collect the stem cells, which were reserved and frozen.

"Many patients are surprised to learn that they can combine oncology services at LMH with other hospitals," Dr. Jones

said. "Even though patients may need to receive some treatment in Columbus, they are relieved that they can have the rest of their services at LMH which is much more convenient for them."

In November 2009, Katie arrived at the James Cancer Hospital for the stem cell transplant. The high-dose chemotherapy had severely compromised her immune system, so she was required to stay in a sterile room, with limited in-person contact with family members. The treatment's side effects were severe, and she missed 18-month-old Cooper so much that she sometimes lost hope. Katie said, "I was on heavy pain medication, so I do not remember much. I do remember standing in the shower one day and asking God to either take me then and there, or heal my pain, because it was getting unbearable."

Despite Katie's despair, her stem cells were quietly taking hold, and her white blood cell count was increasing to restore her body's immune system. After 19 days, she showed remarkable improvement, and her appetite returned. She was able to leave The James to continue recuperating at home in Newark, making frequent trips to LMH for blood tests to monitor her progress. "I really appreciated the cooperation between LMH and The James," Katie commented. "I still was not feeling well, and I had my hands full just taking care of my toddler. Any test that could be done at LMH, saving me from having to travel to Columbus, was such a blessing."

In December 2011, Katie reached an important milestone. It had been just over two years since her stem cell transplant, and her oncologist in Columbus declared her to be cancer-free. "At that meeting, Adrian and I asked about implanting the embryos, and the doctor said I was healthy enough to proceed," Katie said.

Patient Story – Katie Leibas (continued on page 20)

Cancer Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

Check out our Quality Report Cards online at www.LMHealth.org.

1 Statistics are collected for all screening mammograms to assess the accuracy of the testing. Some parameters that are determined include the probability that any individual case of breast cancer will be identified by the mammogram and the probability of the mammogram correctly identifying patients who do not have cancer.

	LMH 2009	LMH 2010	LMH 2011	Goal
Percentage of cancers correctly identified by the mammogram	NA ⁽¹⁾	NA ⁽¹⁾	96.5%	78% ⁽²⁾
Percentage of patients without cancer correctly identified by the mammogram	NA ⁽¹⁾	NA ⁽¹⁾	99.7%	90% ⁽³⁾

2 So as not to miss cancers, mammography can suggest malignancy when in fact no cancer is present. If the mammogram is suggestive of cancer, the radiologist may recommend a biopsy and many biopsies subsequently are negative for cancer. Because of this, another parameter we measure is the percentage of cases for which biopsy is recommended that are positive for cancer.

	LMH 2009	LMH 2010	LMH 2011	Goal
Percentage of cases with radiologist recommended biopsy that actually had cancer	NA ⁽¹⁾	NA ⁽¹⁾	35.1%	24 to 40% ⁽⁴⁾

3 Screening mammograms are conducted to detect breast cancer before the patient has any noticeable symptoms. Breast cancer is most easily and most effectively treated when it is diagnosed in its early stages. Although the results from most screening mammograms are negative, meaning no cancer was detected, for patients who are found to have breast cancer, the screening mammogram may have been life-saving technology. Licking Memorial Hospital (LMH) tracks the number of screening mammograms that have positive interpretations, meaning that the tests detected cancer that may have remained unnoticed until it was more advanced.

	LMH 2009	LMH 2010	LMH 2011	Goal
Cancer detection rate with positive interpretations (per 1,000 screening mammograms)	3.0	4.2	3.0	2 to 10 ⁽⁴⁾

4 Chemotherapy drugs are toxic and could be dangerous if not prepared correctly. Therefore, LMH follows a rigorous five-step safety procedure to prevent chemotherapy errors.

	LMH 2009	LMH 2010	LMH 2011	Goal
Number of chemotherapy medication errors negatively impacting patients	0	0	0	0

5 When a person is either diagnosed with or treated for cancer, the person is entered into the Cancer Registry. It is then the responsibility of the accredited organization to follow up with the person for the rest of his/her life on an annual basis to encourage appropriate care. Cancer Registry staff may also contact the primary care physician to ensure the health of the patient.

	LMH 2009	LMH 2010	LMH 2011	Goal
Cancer patients with follow-up	92%	94%	90%	greater than 90%

6 Clinical research ensures that patient care approaches the highest possible level of quality. There is no minimum requirement for how many patients are placed in cancer-related clinical trials in a community hospital cancer program; however, to provide maximum service, LMH offers access to national clinical trials to patients as a member of the Columbus Community Clinical Oncology Program.

	LMH 2009	LMH 2010	LMH 2011	Goal
Newly diagnosed and/or treated patients in clinical trials	3.7%	5.6%	5.1%	greater than 2%

Cancer Care – How do we compare? (continued on page 20)



Patient Story – Jill Salina

Late in the summer of 2011, Jill Salina of Newark broke the happy news to her husband, Mark, that they were going to have their first child by sending him a football with a message that read, “Congratulations, Coach. You have a new member on the team.”

Jill wanted to be well-prepared for childbirth, so she exercised at home, swam each week at the Licking County Family YMCA and had regular checkups with Janae M. Davis, M.D., of Licking Memorial Women’s Health. She also registered for several prenatal classes and programs at Licking Memorial Hospital (LMH), including the Breastfeeding Promotion and Support Program.

“I did not intend to nurse because I thought it would be too inconvenient. However, I took the breastfeeding classes because I wanted to keep an open mind and learn as much as I could about caring for my baby,” Jill said. “The fact that LMH gives a free Medela® breast pump for completing the Breastfeeding Program is amazing. “I recommend the program to all expectant moms – even those who are not sure they want to breastfeed.”

In the third trimester, Jill had a complication. “My legs swelled, so Dr. Davis had me checked immediately for pre-eclampsia. Fortunately, the test results were negative, but Dr. Davis kept an eye on me and continued the fetal monitoring,” she said.

On Tuesday, March 6, Jill’s swollen legs had been aching badly and she enjoyed a swim in the YMCA’s soothing, cool pool water. After swimming a mile, Jill returned home and felt a sudden gush of water. She recalled, “I was not sure if I was still dripping from the pool, or if it was something else. I did not have any pain, and I was not close to my April 29 due date, so I really did not think I should be concerned.”

Jill called the LMH Maternity Department and was advised that she should be checked at the Hospital. A quick test revealed that her amniotic sac had ruptured. She was immediately admitted to the Hospital in the Labor and Delivery (L&D) unit and placed on bed rest to reduce the risk of infection. She received two injections of Celestone®, a steroid to help protect the baby’s underdeveloped lungs, as well as intravenous antibiotics and fluids. An ultrasound indicated that the baby was healthy and might be more developed than first thought. For five days, Jill lay quietly in bed, trying to maintain a positive and calm attitude.



Jill and Mark Salina welcomed their son, Landen, on March 11, 2012, at LMH.

On Sunday morning, Jill had contractions that became stronger and longer into the afternoon; however, she was not dilating, so Dr. Davis ordered a Pitocin® injection to prevent a prolonged laboring process that could affect the premature baby. As the contractions grew stronger, Jill requested an epidural anesthetic. “I was unsure about having an epidural, but I did not want to put additional stress on the baby,” she explained. After the epidural, Jill felt immediate relief. “Mark looked at the screen and told me that I was in the middle of a strong contraction, but I did not feel it,” she said. “I was completely relaxed!”

The Salinas’ son, Landen, was born around 5:00 p.m. Jill and Mark had just a few moments to greet their new baby before he was taken to the Special Care Nursery due to his prematurity.

To her surprise, Jill discovered that she was really hungry. “I was craving beef brisket and asked Mark to get some carry-out food,” she said. “They transferred me to a Postpartum Mother-Baby suite, and just a few minutes later, they brought Landen into the room!”

Although Landen was born ahead of his due date, the Inpatient Pediatrician’s evaluation determined that he was born close to 36 weeks’ gestation and was healthy enough to room-in with Jill. For the first time, she was able to cradle her 5-pound, 5-ounce son, and the Maternity staff guided her in the Kangaroo Care practice that promotes skin-to-skin contact between newborns and their parents.

“I had not been convinced that I wanted to breastfeed, but as soon as I held my baby in my arms, I knew that I wanted to do it,” Jill said. She was breastfeeding Landen when Mark walked in with her carry-out dinner.

The day after Landen was born, Jill and Mark received LMH’s complimentary gourmet dinner for two. They both ordered filet mignon. “It was wonderful,” Mark remembered. “We really appreciated it because once you have a baby, you are not going to have a sit-down meal together for a while.”

Mark added, “Our entire experience with the LMH’s customer service was very good from the moment we walked through the door to the time we left. I know the staff was busy with other patients, but we felt like we were the only ones there. That is the level of attention we received.”

Patient Story – Jill Salina (continued on page 22)

Maternity Care – How do we compare?

At Licking Memorial Health Systems (LMHS), we take pride in the care we provide. To monitor the quality of that care, we track specific quality measures and compare them to benchmark measures. Then, we publish them so you can draw your own conclusions regarding your healthcare choices.

Check out
our Quality
Report Cards online
at www.LMHealth.org.

1 According to the American Academy of Pediatrics, low birth weight infants are those who are born weighing less than 2,500 grams (5 pounds, 8 ounces) at term. There are many factors contributing to low birth weight, including multiple births, pre-term births, lack of prenatal care, a mother's poor nutritional status before and during pregnancy, and drug, tobacco or alcohol use during pregnancy. Low birth-weight infants are often at increased risk for health problems. Adequate prenatal care and health practices can significantly reduce the incidence of low birth weight deliveries. In 2012, there were 1,078 babies delivered at Licking Memorial Hospital (LMH) – 55 with low birth weight.

	LMH 2010	LMH 2011	LMH 2012	National ⁽¹⁾
Low birth-weight infants	4.0%	3.8%	5.0%	8.2%

2 Smoking during pregnancy is the most important modifiable risk factor associated with adverse pregnancy outcomes.⁽²⁾ It is associated with 5 percent of infant deaths, 10 percent of pre-term births, and 30 percent of small-for-gestational-age infants.⁽³⁾ Because pregnancy smoking rates in Licking County are nearly double the national rate, Licking Memorial Women's Health providers have increased their efforts to assess patients' active smoking during pregnancy at each office visit, counsel patients to quit smoking, and refer each pregnant smoker to LMH's free "Quit for Your Health" tobacco cessation program.

	LMH 2010	LMH 2011	LMH 2012	National ⁽¹⁾
Patients who reported smoking during pregnancy	22%	24%	24%	13%

3 Group B streptococci (GBS) has been the leading bacterial infection associated with illness and death among newborns in the United States since its emergence in the 1970s. Most neonatal GBS infections can be prevented through screenings and, if needed, by giving an antibiotic to the mother before delivery.

	LMH 2010	LMH 2011	LMH 2012	Goal ⁽⁴⁾
Mothers with GBS receiving antibiotic before delivery	N/A	N/A	97%	100%
Number of newborns testing positive with GBS	0	0	0	0

4 Cesarean section deliveries (C-sections) should be performed only when necessary. Lower percentages demonstrate success in avoiding unnecessary surgeries and the risks associated with surgery.

	LMH 2010	LMH 2011	LMH 2012	National ⁽⁵⁾
Maternity patients who had a C-section	23%	27%	22%	31%
First-time C-sections	12%	15%	10%	17%

5 Induction of labor is the artificial initiation of labor before it occurs naturally. The initiation of labor sometimes becomes necessary if the fetus is in danger or labor does not occur spontaneously, and the fetus is determined to be at full term. Primary reasons for labor induction include pre-eclampsia, eclampsia, severe hypertension, Rh factor sensitization, prolonged rupture of membranes or intrauterine growth restriction. Induction, however, does not occur without risks to mother and baby.

	LMH 2010	LMH 2011	LMH 2012	National ⁽¹⁾
Induction of labor	30%	25%	24%	23%

6 "Elective deliveries" refer to newborn deliveries that are scheduled in advance, and are often induced, rather than occurring naturally. Most elective deliveries are performed for convenience reasons. Studies have shown that elective deliveries performed between 37 and 39 weeks' gestation have higher rates of newborn complications, higher C-section rates, and longer hospital lengths-of-stay for mothers. LMH follows American College of Obstetrician and Gynecologist guidelines to minimize the use of elective deliveries.

	LMH 2010	LMH 2011	LMH 2012	National ⁽⁵⁾
Elective deliveries performed	12%	0%	2%	14%

The fertility specialist in Cleveland implanted two embryos into Katie’s uterus to improve her chances of success. Unfortunately, the attempt was not successful, and Katie returned for another try. Two additional embryos were implanted, but they were also unsuccessful. Katie returned to Cleveland to have two embryos implanted for a third time, and in April 2012, she discovered that she was pregnant. Elated, she immediately made an appointment with Janae Davis, M.D., of Licking Memorial Women’s Health.

“During the initial ultrasound, the technologist was taking longer than usual, and she was really studying the screen,” Katie recalled. “Adrian and I got nervous, and I asked, ‘Are you having trouble finding a heartbeat?’ She looked at me and said, ‘I know that you put in two embryos, but I am seeing three!’ She called Dr. Davis in to consult, and Dr. Davis was amazed when she saw the screen. We were all so excited!”

Only two early-stage embryos had been implanted, but one divided in half, creating a total of three fetuses, with two of them being identical and the third being a fraternal triplet. Because triplet pregnancies are considered higher risk, Katie had the babies delivered at OSU Medical Center where a neonatology intensive care unit was available.

The three boys, Asher, Bodie and Cruz, were born two months premature on November 15, 2012, weighing between 3.2 and 4.2 pounds. There were all healthy, except for slightly underdeveloped lungs, which required them to remain in the hospital for three weeks.

Now that everyone is back at home and healthy, Katie and Adrian are still adjusting to triplets’ demanding schedule. “We have lots of help from family and friends,” she explained. “Cooper, who is now 5 years old, is a big help. It has been an adjustment for him, but he loves the babies and is very protective of them.”

Even though Katie’s life veered into a positive direction, her fight with cancer has permanently impacted her life. Her fingers and toes have neuropathic numbness from the high-dosage chemotherapy, and she is keenly aware of any changes in her body.

Katie has a mission to help other cancer patients to “pay forward” the care that she received. “You are not given the choice if you are going to have cancer. You need to make a choice if you are going to take charge of living your life,” she tells them. She is active in the Mike Radabaugh Relay for Life, and operates the Beautiful You Boutique, a shop at LMH that offers wigs and other speciality items for cancer patients.

Cancer Care – How do we compare? (continued from page 17)

7 In an effort to prevent and promote early detection and treatment of cancer, the physician offices of Licking Memorial Health Professionals (LMHP) measure and track results of cancer screening tests for breast cancer, cervical cancer and colorectal cancer for all active patients. Active patient population is defined as patients seen within the last three years.

	LMHP 2009	LMHP 2010	LMHP 2011	National Average ⁽⁵⁾
LMHP patients who received screening tests for:				
Breast cancer	85%	85%	84%	64%
Cervical cancer	85%	85%	83%	73%
Colorectal cancer	64%	64%	64%	58%

Data footnotes: (1) While LMH has been tracking this information for many years, data collection guidelines changed in 2011. As a result, data collected prior to 2011 cannot be used for comparison purposes. (2) Kolb TM, Lichy J, Newhouse JH. Comparison of the performance of screening mammography, physical examination, and breast ultrasound and evaluation of factors that influence them: an analysis of 27,825 patient evaluations. *Radiology*. 225(1):165-75, 2002. Oestreicher N, Lehman CD, Seger DJ, Buist DS, White E. The incremental contribution of clinical breast examination to invasive cancer detection in a mammography screening program. *AJR Am J Roentgenol*. 184(2):428-32, 2005. (3) Bassett LW, Hendrick RE, Bassford TL, et al. Quality determinants of mammography: Clinical practice guidelines, No. 13. Agency for Health Care Policy and Research Publication No. 95-0632. Rockville, MD: Agency for Health Care Policy and Research, Public Health Services, US Department of Human Services, 1994. (4) D’Orsi CJ, Bassett LW, Berg WA, et al, BI-RADS: Mammography, 4th Edition in: D’Orsi CJ, Mendelson EB, Ikeda DM, et al: Breast Imaging Reporting and Data System: ACR BI-RADS – Breast Imaging Atlas, Reston, VA, American College of Radiology, 2003. (5) Percentages are compiled by averaging Commercial, Medicare and Medicaid data as reported in “The State of Health Care Quality 2012,” Healthcare Effectiveness Data and Information Set, “Measures of Care.”

Health Tips – Screening Tests for Common Cancers

Although many cancers are very treatable in the early stages, cancer remains the second most common cause of death, according to the American Cancer Society (ACS). The following list indicates some of the most common types of cancer in the U.S., along with screening tests that are available at Licking Memorial Health Systems (LMHS) to detect them in the early stages.

Cancer site	LMHS screening tests
Breast	Clinical breast exams and mammograms – The ACS recommends most women begin screening at age 40.
Colorectal	Colonoscopy – Most patients should have a screening test beginning at age 50. Earlier screening is recommended for patients with a family history of colorectal cancer.
Melanoma	Clinical examination – Patients should consult a physician for changes in the skin or moles and for moles that are larger than 1/4-inch in diameter.
Cervical	Pap test – Between the ages of 21 and 65, women who have not had removal of the cervix and uterus should receive regular Pap tests to screen for cervical cancer.

7 Breastfeeding provides many benefits to infants and their mothers. The LMH maternity care staff offers encouragement and support to breastfeeding mothers. Breastfeeding rates are monitored at LMH to evaluate the effectiveness of the support provided.

	LMH 2010	LMH 2011	LMH 2012	Goal ⁽⁶⁾
Newborns receiving breast milk during Hospital stay	57%	59%	64%	81.9%

8 “Exclusive” breast milk feeding refers to the nutrition offered to a newborn while in the hospital following delivery. The World Health Organization and many other healthcare providers/agencies recommend feeding newborns only breast milk for the first 6 months of life. Evidence indicates that providing exclusively breast milk during the hospitalization period following birth is critical to the success of meeting this goal. LMH recognizes, however, that this is a personal decision for each mother and is not mandatory.

	LMH 2010	LMH 2011	LMH 2012	National ⁽⁵⁾
Mothers who breastfeed exclusively ⁽⁷⁾	44%	46%	57%	48%

9 Gestational diabetes (GDM) is one of the most common clinical issues facing obstetricians and their patients. The prevalence of GDM ranges from 2 to 5 percent of all pregnancies in the United States, and all pregnant patients should be screened between 24 and 28 weeks’ gestation. Licking Memorial Health Professionals (LMHP) obstetricians screen pregnant patients for GDM by 29 weeks.

	LMHP 2010	LMHP 2011	LMHP 2012	Goal
LMHP pregnant patients screened for GDM by 29 weeks	96%	98%	96%	greater than 90%

Data Footnotes: (1) Births: Preliminary Data for 2009. National Vital Statistics Reports; Vol. 59, No. 3: National Center for Health Statistics. December 21, 2010. (2) Heffner, LJ, Sherman, CB, Speizer, FE, Weiss, ST. Clinical and environmental predictors of preterm labor. *Obstetrics & Gynecology* 1993; 81:750. (3) Tong, VT, Jones, JR, Dietz, PM, et al. Trends in smoking before, during, and after pregnancy – Pregnancy Risk Assessment Monitoring System (PRAMS), United States, 31 sites, 2000-2005. *Morbidity and Mortality Weekly Report Surveillance Summaries* 2009; 58:1. (4) Centers for Disease Control and Prevention, the American College of Obstetricians and Gynecologists and the American Academy of Pediatrics, 1999. (5) Comparative data from the Midas Comparative Database. (6) Healthy People 2020 goal. (7) Percentages are determined from mothers who breastfeed any amount during their Hospital stay.

LMH Cancer Patients Have Clinical Trial Options



Jacqueline J. Jones, M.D.

Through its participation in the Columbus Community Clinical Oncology Program (CCOP), Licking Memorial Hospital (LMH) is able to offer cancer clinical trials. The clinical trials are performed on patients who have cancer or are at a high risk of developing cancer due to a previous diagnosis or family history.

Cancer clinical trials include different phases of research. LMH participates in Phase II and III cancer clinical trials. Phase II tests a small number of patients to see if a new treatment has any effect on a specific type of malignancy. Phase III studies a large number of patients who receive a new treatment to compare results against the current standard treatment. Cancer clinical trial treatments are the same throughout the Columbus CCOP’s 15 consortium hospitals, including other facilities such as Mount Carmel Health East and West, Riverside Methodist Hospital, Grant Medical Center and Genesis Healthcare System.

Jacqueline J. Jones, M.D., of Licking Memorial Hematology/Oncology, explained, “With every new cancer diagnosis, our staff checks to see if there are any applicable clinical trials that are likely to benefit the patient. The pros and cons of the clinical trial are presented to the patient, who makes the decision whether or not to participate. The patient also has the option of discontinuing the clinical trial at any time.”

Patients in cancer clinical trials receive treatment, but they may not know if they are receiving the new trial treatment or the current standard treatment. Most standard cancer treatments developed from cancer clinical trials. According to regulations, a cancer clinical trial may be proposed to a patient only if it is expected to provide benefits to the patient that are equal to, or superior to, the standard treatment.

“Many of our patients who participate in clinical trials, tell us they like to have a more active role in their care and to be at the forefront of new treatments,” Dr. Jones said. “Others say they like knowing that their participation is furthering cancer treatment research, and may help future cancer patients.”

Some innovative treatments, such as the breast cancer drugs Tamoxifen[®] and Herceptin[®], were tested at LMH before they became an important part of modern treatment protocols. “In some instances, we have been able to offer new treatments through the cancer clinical trials even before they were available at the Cleveland Clinic,” Dr. Jones said.

Patients’ eligibility is determined by the individual cancer clinical trial’s criteria, such as the type of cancer diagnosis, symptoms or the patient’s previous therapies. For more information about cancer clinical trials, please call Licking Memorial Hematology/Oncology at (740) 348-4595.

The Salinas enjoyed their time as a new family in the Mother-Baby suite with the Maternity staff always nearby to offer assistance. Jill had some difficulties with breastfeeding, and was able to consult with a Lactation Coordinator for advice. Mark was able to spend as much time as he wanted in the room, although he had to make a couple of impromptu shopping trips. “Since Landen was born early, we did not have anything for him,” Mark said. “I asked my mother and some friends, ‘What do I need to buy?’” One important purchase was a child safety seat which a nurse helped to install in Mark’s vehicle before Jill and Landen were discharged.

Breastfeeding continued to be a challenge for Jill after she was discharged from LMH. Her milk supply had not come in fully,

and she consulted with the Lactation Counselor at the Hospital. “She was always very patient and supportive,” Jill said. “In the end, I had to supplement Landen’s feedings with formula. Now I am able to appreciate the fact that Landen received invaluable nutrients during the short time that I was able to breastfeed.”

Jill now focuses on setting a good example for her son through a healthy, active lifestyle. She has run three 5K races since his birth. Landen has become part of her exercise team as he joins her for her weekly swims at the YMCA, and on the local bike trail, as he rides behind her in a cart, wearing his own helmet.

Kangaroo Care Puts Mothers in Touch with Babies

From an infant’s point of view, everything changes at the moment of birth.

Accustomed to the comfort of a soft, dark, climate-controlled womb with rhythmic heartbeat sounds, the baby is thrust into a world of bright lights, gloved professional hands and alert-sounding technology.

Emerging research shows that in the first hours after birth, babies experience stress that can influence their development.

Through the Kangaroo Care standards at Licking Memorial Hospital (LMH), special care is given to make the environment as soothing and familiar as possible for newborns as they bond with their mothers.



can even begin in the L&D room,” Dr. Ugbana said.

LMH’s private mother-baby suites make Kangaroo Care possible during the mother’s hospitalization. “We encourage the mothers to room-in with their babies and hold them skin-to-skin as much as possible. This bonding time gives the new moms an opportunity to learn about caring for their babies’ needs with the Maternity staff close at hand to answer

any questions. Many new mothers need a little coaching on breastfeeding,” Dr. Ugbana said.

Pediatric Hospitalist Obiaghanwa S. Ugbana, M.D., explained that Kangaroo Care at LMH begins immediately after birth. “Instead of removing the infant from the Labor and Delivery (L&D) room to be cleaned up, we quickly dry the baby right there in the mother’s presence, and then place the baby directly onto the mother’s chest. The baby is soothed by the mother’s familiar body temperature, aroma and heartbeat rhythm. Both mother and baby take pleasure in the skin-to-skin contact which deepens their bonding experience, and breastfeeding

Nationally, the Kangaroo Care standard has been shown to benefit both the mother and baby. For the baby, benefits include quicker body temperature regulation, improved vital sign stabilization, enhanced neurological development, more rapid weight gain and improved sleep patterns. For the mother, benefits of Kangaroo Care include an increase in breast milk production, an increase in oxytocin hormonal levels, reduction in the incidence of maternal depression, and reduction of anxiety.

FIRST IMPRESSIONS MATERNAL CARE

FEATURING PRIVATE SUITES FOR MOTHERS AND NEWBORNS

At Licking Memorial Hospital, new parents can expect to receive caring, high-tech maternal care close to home. Our Maternal Child Department has been enhanced with the recent addition of new mother-baby suites, to ensure that parents are able to enjoy the private intimacy of their newborn’s first hours. Our maternity experience also features:

- Complete in-room entertainment center
- Newborn care and breastfeeding education
- Custom gourmet meal prepared by our on-site chef
- Private bathroom with shower
- Massage therapy



Licking Memorial Hospital



first impressions



2012 ... The Year in Review and a Look Ahead to 2013

Robert A. Montagnese
President & CEO
February 26, 2013



LMHS' Accomplishments in 2012 Reviewed at Corporate Breakfast

Licking Memorial Health Systems (LMHS) experienced a resurgence in growth throughout the past year. Rob Montagnese, LMHS President & CEO, outlined the Health Systems' accomplishments and activities in a presentation to local community leaders at a Corporate Breakfast on February 26.

100 Top Hospitals® Award

Rob was proud to announce the exciting news that Licking Memorial Hospital (LMH) had just received its eleventh 100 Top Hospitals® Award by Truven Health Analytics. (See front page story for award details.) "More than 3,000 hospitals in the U.S. were studied for this award," Rob said. "Our repeated success with this award clearly demonstrates the consistency of our care."

Licking Memorial Hospital – Tamarack

"We are still adapting to the acquisition of the former Medical Center of Newark facility at 2000 Tamarack Road, which was finalized in December," Rob stated. "The purchase has already enabled us to expand healthcare space for some outpatient services, such as the Wound Clinic, and we are currently evaluating the best use for the remaining space. The building, now known as Licking Memorial Hospital – Tamarack, offers many exciting options for us in the coming year."

Licking Memorial Urgent Care – Granville

In November, LMHS opened its second urgent care facility, located at the northeast corner of the State Route 16 and Cherry Valley Road intersection in Granville. Licking Memorial Urgent Care – Granville was created in response to the community's request for another urgent care facility in addition to Licking Memorial Urgent Care – Pataskala. In its first two full months, the Granville facility exceeded expectations with an average of 50 patient visits per day.

Acute Inpatient Rehabilitation Unit

In 2012, LMH added an Acute Inpatient Rehabilitation Unit on the sixth floor for patients with disabilities caused by injury, surgery or illness. The goal of the Acute Inpatient Rehabilitation Unit is to help patients develop skills to live as independently as possible, such as: balance and coordination, swallowing, mobility, eating, grooming, dressing, homemaking, memory, judgment, speech/language, and moving arms, legs and torso.

Licking Memorial Kids' Place

LMH and the Licking County Kids' Team celebrated the grand re-opening of the Licking Memorial Kids' Place. Kids' Place was established in 1999 to coordinate community resources that identify, investigate, prosecute and treat child abuse in Licking County. A new, centralized location for Kids' Place was made possible by LMHS' donation of office and treatment space in 2012.

Youth Wellness Initiatives

"In its fifth year, the unique LMHS Heart to Play Program continued to avert the possible loss of young lives in Licking County. Two local seventh graders were discovered to have Wolff-Parkinson-White syndrome, which is a potentially fatal heart disorder," Rob explained. Both students, one boy and one girl, had surgery for the condition and were given medical clearance to resume playing competitive sports in the fall. The free Heart to Play physicals, EKGs and ImpACT concussion screenings are offered to all middle and high school students in Licking County who participate in sports or other physically demanding programs.

"LMHS and Newark Advocate Media developed a new program to address childhood obesity in 2012," Rob said, "and we are very excited about the response. The Active•Fit

Corporate Breakfast (continued on page 24)

program is designed to help the county's youth develop lifelong, healthy lifestyles." With an adult's supervision, students learn about healthy food and activities, participate in Active•Fit events, and keep a log of their activities throughout three separate periods within a school year. More than 800 youth, between the ages of 6 and 12 years, registered for the free program in 2012's inaugural period, which ended December 31, and 20 randomly drawn participants won prizes that included Xbox 360 with Kinect and fitness software, bicycles, Nike shoes with iPod and Nike/iPod Connect, and gift cards.

LMHS also focused on youth wellness in the past year with the annual gift to the community. LMHS gives back to the community annually with a major contribution that is designed to improve the health of the community. In 2012, the Health Systems donated \$75,000 worth of cardio equipment to the county's high schools for student use. Each high school received an assortment of two to five exercise machines that they chose from a menu of options that included rowing machines, exercise bikes, elliptical machines and treadmills.

Awards and Recognitions

"The Medical Staff, employees and volunteers all work diligently every day toward our mission 'to improve the health of the community.'" Rob said. "Our efforts are rewarded with every newborn baby's first cry, the smile of a recovering patient, or the grateful words from an accident patient's family who found comfort in our professionalism and compassion. Our entire staff is comprised of individuals who truly care about the difference they are making in the lives of our friends and family who are also our patients. However, it is also gratifying when an outside organization recognizes our quality of care."

Recognitions received by LMHS and individual staff members in 2012 from outside organizations included:

- Stage 6 for Electronic Medical Records by HIMSS Analytics – to recognize LMHS' designation in the top 5.9 percent of U.S. hospitals in the development of electronic medical records
- "A" Rating by The Leapfrog Group – the organization's highest rating for patient safety

- Hometown Hero by American Red Cross of Licking County – presented to LMHS President & CEO Rob Montagnese to honor his positive impact on the community for the past 10 years
- Childhood Immunization Champion Award by The Centers for Disease Control and Prevention – selecting Pediatrician Diane M. LeMay, M.D., as the Ohio recipient of the inaugural award
- Mental Health America Licking County's Mental Health Physician Award – honoring Psychiatrist Eric M. Layne, M.D., for his dedication to the mental health of Licking County residents
- Outstanding Immunization Rate Recognition by the Licking County Health Department – presented to Pediatrician Hanaa Abdelmessih, M.D., for ensuring that 90 percent of her patients are fully immunized by the age of 24 months

2013 Initiatives

Rob also discussed the Health Systems' initiatives for 2013, including some that have already started, such as:

- Additional generators will be installed at many of LMHS' off-campus buildings to provide electricity during outages.
- Outpatient Lab services will be added to the Licking Memorial Hospital – Tamarack building.
- The Quit for Your Health tobacco cessation program will expand to provide service to additional patients.
- The Active•Fit program will expand to increase student participation in the childhood obesity initiative.

The LMH Development Council hosts four Corporate Breakfasts each year to share information about the Hospital with community leaders. The LMH Development Council, which is comprised of approximately 80 members, was established in 1987 to increase charitable giving to the Hospital and to promote good community relations.

Development Spotlight – Jim Lenner



Jim Lenner

Jim Lenner recently joined the Licking Memorial Hospital (LMH) Development Council Education & Membership Committee. Jim serves as the Manager and Planner for the Village of Johnstown and is active in the community as a member of the Licking County United Way, Grow Licking County Community Improvement Corporation (CIC), Licking County Development Advisory

Commission, Licking County Chamber of Commerce and the Licking County Tax Incentive Review Council. In addition, he is a member of the International City/County Management Association, the Ohio Municipal League and the Ohio City/County Management Association.

As a public servant, Jim hopes to utilize his connections within the community to promote Licking Memorial Health Systems (LMHS) and its mission to improve the health of the community. "As a Development Council member, I will be an advocate for Licking Memorial Health Systems in order to educate members of the community about the quality of healthcare services that LMHS offers throughout the county," Jim said.

Jim earned a Bachelor of Arts degree in political science and public affairs from Muskingum University in New Concord, Ohio, and a Master of Public Affairs degree from Park University in Parkville, Missouri. He also has a post graduate certificate from Penn State University. Jim and his wife, Sarah, have a 2-year-old daughter, Amelia, and a newborn daughter, Georgia. In his spare time, he enjoys spending time with his family and watching The Ohio State University football and basketball teams.

Donors Recognized for Contributions to the Licking Memorial Health Foundation

New donors were recognized for their generous contributions to the Licking Memorial Health Foundation (LMHF). These contributions ensure that Licking Memorial Hospital (LMH) can continue to provide excellent, quality healthcare for the community with state-of-the-art technology and capital expenses.

The William Schaffner Society



LMHS President & CEO Rob Montagnese (left), LMHS Vice President Development & Public Relations Veronica Link (center left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right), recognized Gene and Mary Jo Branstool (center) for their generous contribution to The William Schaffner Society.

Eugene (Gene) and Mary Jo Branstool

Gene and Mary Jo Branstool were recognized for their recent commitment to The William Schaffner Society. The Society is comprised of community members and LMHS employees who have pledged a minimum of \$10,000 to LMHF over the course of 10 years.

Gene has served as a member of the Licking Memorial Hospital (LMH) Board of Directors since 2006. Gene is a graduate of Utica High School and earned a Bachelor of Science degree in agriculture from The Ohio State University in 1958 before entering the U.S. Naval Officer Candidate School. He served as a U.S. Naval officer from 1959 to 1962, where he was the Officer in Charge of the Explosive Ordinance Disposal Team. Upon his return to Utica, Gene and his brother Ron formed a farming partnership. Gene has continued farming in addition to all of his other endeavors.

Beginning in 1974, Gene served four terms in the Ohio House of Representatives. He was then elected to the Ohio Senate in 1982, where he served as Minority Whip during his second term. He was the Democratic Party nominee for lieutenant governor of the state of Ohio in 1990. U.S. President William Clinton appointed him Assistant Secretary of Agriculture in 1993 and in the following year, appointed him chairman of the Board of Directors of the Federal Agricultural Mortgage Corporation, a position he held for eight years.

In addition, Gene is an active member of the community, where he serves as a member of the Grant Review Committee

for the Licking County Foundation, the Ohio Farmers Union, Highwater Church of Christ, Land of Legend Fly Fishing Club and the Utica Masonic Lodge. Gene also has been recognized in the Hall of Honors at Utica High School and the Licking County Agricultural Hall of Fame, as well as earned the Distinguished Alumni Award from The Ohio State University College of Agriculture and the Philips Medal of Public Service from Ohio University. In his spare time, he enjoys woodworking, fly fishing, gardening and assisting at Branstool Orchards, which is owned and operated by his son Marshall.

Mary Jo is a lifelong resident of Licking County and a graduate of Utica High School. She is a member of Highwater Church of Christ, Progressive Club, Newark-Granville Symphony Board and Co-chairman of the New Beginnings Domestic Violence Friends of the Shelter Board. She also has served on the YWCA of Licking County and LEADS governing boards. In her spare time, Mary Jo participates in the Saturday Review Book Club, Sewing Club, Bridge Club and Card Club, and also enjoys antiquing and knitting.

Gene and Mary Jo currently reside in Utica. They are the parents of five children, Mary Martha Radabaugh, Marshall Branstool, John Branstool, Licking County Common Pleas Judge David Branstool and Chuck Branstool. They also have 14 grandchildren and two great-grandchildren.

The William Schaffner Society was created in memory of William Schaffner, who dedicated his life to assure the availability of quality healthcare services to our community. William Schaffner was the first Chairman of the Licking County Hospital Commission in 1961 and was instrumental in the passage of the county bond issue that financed the current location of LMH.

Benefactor Level

Debbie Young, R.N., M.S., C.C.M., and Timothy J. Young Licking Memorial Hospital Vice President Patient Care Services Debbie Young, R.N., M.S., C.C.M., and her husband Timothy J. Young, were honored for their contribution at the Benefactor Level. Benefactors are special friends of LMHS, both individuals and businesses, who support the LMHS mission to improve the health of the community by pledging between \$50,000 and \$99,000 over a period of 10 years.

Debbie has served as Licking Memorial Hospital (LMH) Vice President Patient Care Services since July 2001. Since joining the Hospital in 1996, she also has served as Community Case Manager and Director of Case Management and Home Care Services.

Prior to her service at LMH, Debbie worked as a staff nurse at The Ohio State University Medical Center. She holds two degrees from The Ohio State University College of Nursing – a Bachelor of Science in nursing and a Master of Science. Additionally, she is certified in case management.

Donors Recognized for Contributions to the LMHF (continued on page 26)

Debbie previously served as a clinical instructor at Central Ohio Technical College, and is currently a member of their advisory board for nursing programs. She also serves on the Mount Vernon Nazarene University Nursing Advisory Board. Debbie is a member of the American College of Healthcare Executives, the American Organization of Nurse Executives, the Ohio Organization of Nurse Executives, Case Management Society of America and Sigma Theta Tau.



Vice President Patient Care Services Debbie Young (center left) and her husband Timothy J. Young (center right) accepted a glass recognition piece from LMHS Vice President Development & Public Relations Veronica Link (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right) in honor of the recent Benefactor Level commitment.

Tim is the President and CEO of Licking/Knox Goodwill Industries, Inc. and a member of the Ohio Association of Goodwill Industries. He is a lifelong resident of Licking County and a graduate of Utica High School. He earned his business degree from Central Ohio Technical College, where he was inducted into the Phi Theta Kappa National Honor Society.

Tim is active in the community and serves as a member of the LICCO, Inc., Board of Trustees, Licking County Job and Family Services Planning Committee, a board member for the Boy Scouts of America Simon Kenton Council, Vice President of the Land of Legend Rifle and Pistol Club, as well as the President and Co-founder of Buckeye International Junior Shooting Sports. He is a national coach and development staff member for the National Rifle Association and a Level III International Shotgun Coach for USA Shooting. In addition, Tim has been recognized with the Pat Wolfe Award of Excellence by Licking/Knox Goodwill Industries, Inc., the International Sterling Society Award by Coldwell Banker Corporation, as well as the International President's Circle Award and the International Diamond Society Award by Coldwell Banker International.

Debbie and Tim currently reside in Newark. They have two grown children, Andrea and Matt, and one granddaughter, Aubrey.

The Caduceus Society

Jaime T. Goodman, M.D., and Bernard W. Schubach

Jaime T. Goodman, M.D., of Licking Memorial Endocrinology and her husband Bernard W. Schubach, recently were recognized for their commitment to The Caduceus Society.

Membership is reserved for Licking Memorial Honorary and Active Medical Staff who support the LMHS mission to improve the health of the community by pledging a minimum of \$10,000 over a period of 10 years.

Dr. Goodman joined Licking Memorial Health Professionals in October 2010 as a physician specializing in endocrinology. She attended The Ohio State University (OSU), in Columbus, where she earned both her undergraduate degree as well as her Medical Degree. During her education at OSU, Dr. Goodman completed a three-year internal medicine residency and a two-year endocrinology fellowship. She is board certified in internal medicine, as well as endocrinology.

Dr. Goodman has spent numerous hours volunteering for various Central Ohio organizations including Children's Hospital, The OSU Medical Center, the AIDS Task Force and Goodwill Columbus, and she is a member of the Phi Beta Kappa National Academic Honor Society and the Alpha Omega Alpha Honor Medical Society. In addition, Dr. Goodman is a member of the Sisterhood at Temple Beth Shalom, as well as the National Council of Jewish Women.



LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right) presented Jaime T. Goodman, M.D., and her husband Bernard W. Schubach (center) with a glass recognition piece in honor of their generous commitment to The Caduceus Society.

Bernard is a senior software engineer at Resource International, Inc., where he has served for almost 20 years. He earned a Bachelor of Science degree in computer and information science, as well as a Master's degree in industrial and systems engineering from OSU.

Dr. Goodman and Bernard currently reside in New Albany, Ohio. They have two daughters, Danielle, 7, and Abigail, 3, as well as a dog, OSU (pronounced O-Sue), and a bunny named Carrot. The couple is involved in the Parent Teacher Organization at Columbus Torah Academy and attends Sunday school classes for parents. Bernard also serves as the room parent for the first grade Sunday school class. They are avid blood donors and enjoy gardening and spending time playing with their daughters.



Megan E. Miller, D.O., and her husband Kevin Miller (center), were recognized for their commitment to The Caduceus Society by LMHS President & CEO Rob Montagnese (left) and LMHS Board Member and Vice Chair of the LMH Development Council David Shull (right).

Megan E. Miller, D.O., and Kevin Miller

Megan E. Miller, D.O., and her husband, Kevin Miller, also were recognized for their commitment to The Caduceus Society. Dr. Miller joined Licking Memorial Health Systems (LMHS) as a family physician at Licking Memorial Family Practice – Hebron in March 2005. Dr. Miller earned her medical degree from the Ohio University College of Osteopathic Medicine in Athens, Ohio. She completed her internship and residency with St. Vincent Mercy Medical Center in Toledo, Ohio. She is board certified in family medicine.

Dr. Miller is a member of the American Osteopathic Association and the American College of Osteopathic Family

Physicians. She belongs to Harlem Road Church in Galena, Ohio, and served on a medical mission trip to the Dominican Republic in 2010. She also was named a 2010 LMHS MVP. In her spare time, Dr. Miller enjoys traveling and spending time with her family.

Kevin is a Lieutenant in the Ohio State Highway Patrol where he serves in Special Operations. He earned his Bachelor of Science degree in Natural Resources from The Ohio State University in Columbus. He also is a member of the Harlem Road Church and was a participant in the mission trip in 2010. In his spare time, Kevin enjoys hunting, being outdoors and spending time with his family.

The Millers currently reside in Johnstown, Ohio. The couple has two children, Cody, 11, and Alexis, 10.

The Caduceus Society was created in 1990 by the LMH Development Council to give special recognition to Active and Honorary Medical Staff members who support LMH through charitable contributions. This group of physician leaders continues the tradition of healthcare excellence by providing funds for the latest medical technology.

LMHS is proud to acknowledge those who make significant contributions to support the Health Systems' mission to improve the health of the community. Charitable contributions to LMH are dedicated toward purchasing equipment and funding programs, capital expenses and facility improvements. The contributions are not used for salaries or general operating expenses.

Donors

Contributions to Licking Memorial Health Foundation in 2012 were used toward the Hematology/Oncology Renovation Project at Licking Memorial Hospital. This section highlights our donors and their very generous gifts received in November and December 2012.

2012 GOLF GALA

Big O Refuse
Old Trail Printing
Packaging Corporation of America
Provider Services Holdings, LLC
(Arlington Care Center)

BENEFACTOR

The Twentieth Century Club

CAPITAL IMPROVEMENT FUND

TWIGS 6
TWIGS 8
TWIGS 24

COMMUNITY CORNERSTONE CLUB

Lowell S. and Barbara G. Anstine
Patricia C. Bates-Woods
James and Karen Dellner
John and Geraldine Eshelman
First Federal Savings of Newark –
Paul Thompson
Mr. and Mrs. R. Reed Fraley
Patrick and Carol Guanciale
Judge Michael Higgins

Mr. and Mrs. Jeffery W. James
Robert & Joan Kent
Mary Jane McDonald
Patricia and Robert McGaughy
Lawrence and Eloise Miller
Tom and Ann Mullady
Claudia H. Triplett
Jennifer and Richard Utrevis
Mr. Orville Varasso
Janet C. Walker
Denny and Carol Wheeler
David and Marlene Wolfe

GENERAL

Newark Moose Lodge
VHA Central

HONORARY

In honor of Sue Weiland, TWIGS 8 Chairman
By: TWIGS 8

JOHN ALFORD FELLOWSHIP

John H. and Sarah R. Wallace

MEMORIAL

In memory of Joseph P. Tompkins
by: Jennifer, Bruce and Jack Gatlin
Angie and Walt Greenfield
John, Linda and Tyler Lewis

In memory of Barbara Jo Rapp
by: Ms. Linda Allan
Mr. and Mrs. Timothy Gardner
Mr. and Mrs. James Jurzawa
Ms. Judith Pendell
Mr. and Mrs. Donald Salyer

PAVING OUR FUTURE

Bruce E. Ford (In memory of
Vickie L. Ford)
Martha Wilson (In honor of Brett
and Garrett Robberts)

SHEPHERD HILL BUILDING AND GROUNDS

Steven W. Crawford, M.D.

THE WILLIAM SCHAFFNER SOCIETY

Gene and Mary Jo Branstool



LMH Celebrates 115 Years of Caring

Licking Memorial Hospital (LMH) recently celebrated 115 years of providing quality health care to the Licking County community on Friday, January 18. As an annual birthday tradition, Licking Memorial Health Systems (LMHS) employees and medical staff celebrated the milestone by donating gifts consisting of new blankets and outerwear. These items were donated to The Center for New Beginnings and the Salvation Army of Licking County to help individuals and families in need – especially during the cold winter months.

The birthday gift donation was part of an interdepartmental competition. Various LMHS departments were combined to form teams, and the team that donated the most items in pounds was the winner. The competition also included an opportunity for employees to give monetary contributions in lieu of donated goods. Every \$5 donated was worth one pound of donated goods.

This celebration marks the eighth year that LMH has celebrated in this manner. This year, LMHS was able to provide 738.8 pounds of donated goods that included \$2,171 in monetary contributions. “This is our largest donation ever,” said Rob Montagnese, LMHS President & CEO. “As we celebrate 115 years of providing quality health care to the community, I am pleased to recognize the continued generosity and commitment that the LMHS staff demonstrates to improving the health of the community. I am proud of the care we provide to our neighbors, friends, coworkers and family members throughout Licking County.”

In addition, LMH presented each baby born on the Hospital’s birthday with a special gift in honor of their shared birthday. Seven babies were born on January 18, and each of their mothers received a \$115 gift card to Toys “R” Us.

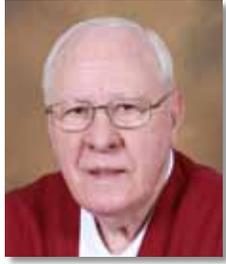
Quilt Donation from The Heart of Ohio Quilt Guild

The Heart of Ohio Quilt Guild recently made a donation of 15 quilts to Licking Memorial Hospital (LMH) to be used for pediatric patients. The guild has been crafting quilts for LMH since 1990, and plans on donating quilts every quarter to the Hospital.

Rob Montagnese accepts the quilt donation from The Heart of Ohio Quilt Guild members Anne Russel, Kathie Hayden, Mary Kishler and Ardis Reed.



Volunteer Spotlight – Bob Moody



Bob Moody

A self-proclaimed early riser, Bob Moody arrives at Licking Memorial Hospital (LMH), Wednesday through Friday, by 7:00 a.m. – nearly an hour before he begins his volunteer duties – and heads straight for the LMH Café. There, he enjoys a leisurely breakfast while reading the daily newspapers he later circulates throughout the Hospital.

A native of Lancaster, Bob dedicated 20 years of his life to military service, which included three years in the Marine Corps and active duty overseas during the Korean War. In 1970, he moved to Licking County and spent the next 25 years as a vocational teacher at Newark High School. Early in his retirement, Bob and his wife, Barbara, enjoyed living near Daytona Beach, Florida, three months per year, but maintained their permanent residence in Heath. About six years ago, his youngest daughter, Cheryl, suggested he volunteer at LMH to stay busy and remain active in the local community.

Since 2007, Bob has volunteered nearly 1,600 hours of his time at LMH. He began making deliveries for the Emergency

Department before assuming the responsibility of distributing newspapers to LMH's staff and patients. His service not only keeps him active, but also allows him to meet new people every day on his route through the Hospital. Bob encounters plenty of familiar faces, too, and knows by name most of the people he sees regularly. Fostering those relationships has been his favorite experience as a volunteer at LMH.

“Bob is a very outgoing volunteer. He is very dedicated to his schedule and brings a friendly disposition to those he serves,” said Carol Barnes, Director of Volunteers, TWIGS and Events. “He makes his newspaper deliveries very efficiently and brightens the day of everyone he greets. We are extremely grateful to Bob for the time he shares with our Volunteer team.”

While it takes him only a little over an hour to complete his rounds, Bob joked, “The time I spend at the Hospital and out of the house helps keep my marriage strong.” Bob and Barbara celebrated their 55th wedding anniversary in February and have three children, Charlotte, Jim and Cheryl, four grandchildren and two great-grandchildren together. Bob is an active member of the congregation at Christ Lutheran Church in Heath and formerly sang with the Land of Legend barbershop chorus.

Retiree Spotlight – Sharyn Davis



Sharyn Davis

Sharyn Davis served within various clinical and management roles throughout her 36-year career at Licking Memorial Hospital (LMH). She joined LMH as a medical-surgical staff nurse in 1975 and later received her sonography certification in vascular technology. Sharyn managed four laboratories at LMH from 1991 to 2001, including the Vascular Laboratory which she helped establish. She then served for three years

as Director of Surgical Services, during which time she was named the 2004 LMH Manager of the Year. Also in 2004, Sharyn was appointed to Director of Outpatient Services and remained in the position until her retirement.

“I loved going to work each day because of my relationships with patients, physicians, administrators and peers,” Sharyn said while reflecting on her years of service. “Whether supporting employee education, expanding and developing programs or promoting LMH in the community, I enjoyed my management responsibilities because finding ways to improve the quality of care and service was exciting and challenging. I chose a career in nursing and health care to make a positive difference in people’s lives. I hope I did that and more.”

Sharyn experienced and influenced many changes at LMH throughout her career. One project she remembers proudly is improving the surgical equipment sterilization method. As Director of Surgical Services, Sharyn recognized the need

to replace the old Ethylene Oxide (EtO) sterilization system due to the highly-flammable and combustible nature of the gas. She researched alternatives and led LMH to implement a hydrogen peroxide-based sterilization process that was less hazardous and resulted in a cost savings, as well.

“The aging EtO system presented huge safety concerns, was very time consuming and required considerable staff involvement,” Sharyn said. “Replacing the sterilization system created a safer working environment, was more cost-effective and proved to be more efficient overall.”

Additionally, Sharyn led efforts over a two-year period to obtain the first national accreditation for the Vascular Laboratory. Although the accreditation process is now mostly an electronic online submission, in 2004, she had to write and assemble a 500-page document. However, Sharyn fondly remembers the laborious process as a “huge accomplishment.”

Since retiring in 2011, Sharyn has continued her attempts to elicit change for the better. She volunteers her time with Zonta, a group dedicated to advancing the status of women worldwide, and to missionary work supporting a community in Ghana, Africa. Following a recent trip to Italy, Sharyn hopes to add stamps from Ireland and Africa to her passport soon. In addition to scrapbooking and exercising regularly, she enjoys having more time to spend with her two children and four grandchildren. Sharyn and her husband of 44 years, Fred, reside in Newark.

LMH TWIGS Elects 2013 Officers

The Licking Memorial Hospital (LMH) TWIGS organization has elected new executive board members for 2013. The new TWIGS Executive Board members are:

- Sharon Wills – Chairman
- Sue Weiland – Chairman Elect
- Doris Spriggs – Recording Secretary
- Ruth Mann – Corresponding Secretary
- Betty Siarnicki – Treasurer
- Janet Wells – Assistant Treasurer

TWIGS, which stands for Togetherness, Willingness, Imagination, Giving and Sharing, is a fundraising organization that originated with a ladies' auxiliary group of Rochester General Hospital in Rochester, New York in the late 1800s. In 1950, Mrs. John Spencer (Ernie) established the first TWIGS group in Licking County when she asked her bridge group to form TWIGS 1. Currently, the Hospital has five active TWIGS groups.

TWIGS 6 was organized to open the Granville Thrift Shop. The shop has relocated several times since first opening in 1950.

TWIGS 8 was also established in 1950, and began selling homemade baby items, candy and jewelry. Today, the group operates the LMH Gift Shop located on the first floor of the Hospital, which is open eight hours each day, seven days per week, except on holidays.

TWIGS 13, established in 1955, was originally known as the "Candle TWIGS" because selling candles was their major fundraising project. Though they have participated in numerous fundraising ventures throughout the years, TWIGS 13 currently coordinates the Christmas Greenery Sale.

TWIGS 14 began in 1958. Through the decades, this group has held benefit teas, bowling tournaments and a children's puppet show.

In 1994, TWIGS 24 was established by a group of LMH employees. Their main projects include book sales, jewelry sales and operating the Hospital's vending machines.



The members of the LMH 2013 TWIGS Executive Board are (left to right): Sue Weiland, Betty Siarnicki, Janet Wells, Susan Willis and Doris Spriggs (Not pictured is Ruth Mann.)

Since the first TWIGS groups organized at LMH in 1950, they have contributed more than \$4.5 million to the Hospital for use in capital purchases and fulfilling equipment needs. For additional information about becoming a TWIGS member, contact Carol Barnes, LMH Director of Volunteers, TWIGS and Events at (740) 348-4079.



Sunday School Class Crafts Pillows for Licking Memorial Kids' Place

After viewing an article in the LMHS Community Connection magazine about Licking Memorial Kids' Place, Judy and Dan Boring worked with their Sunday School class to create meaningful items for donation. The children in their class created fleece pillows and recently donated them to the Hospital to provide to pediatric patients of Kids' Place. The Borings and their youth class attend Bible Baptist Church on Price Road. The Licking Memorial Kids' Place is a coordinated community project that provides comprehensive evaluations of children who are suspected victims of sexual abuse, physical abuse and/or neglect.

Rob Montagnese (far left) and Kelly Morrison, C.N.P., (far right) accept the pillow donation from Emma Boring, Anjel Montgomery, Alex Villinger, Luke Boring, and their Sunday School teachers, Judy and Dan Boring.



Licking Memorial Hospital

“Building A Healthier Community Award” Sponsored by the LMH Development Council

This award recognizes an individual, group of individuals or an organization in Licking County that has undertaken a non-profit project with a specific initiative that has improved the health of the community. The award will be presented at the 2013 Lifetime Achievement Reception. Please note, multiple winners may be selected for the same year.

For more information, contact Veronica Link, Vice President Development & Public Relations at (740) 348-4101.

Nomination Form

Nominee’s Name (individual or group): _____

Address: _____

Present employer or vocational status of individual or description of group/organization: _____

Description of project/initiative: (Please feel free to use additional paper and/or attach relevant documents.)

Explanation of how project/initiative helps improve the health of the community:

Additional comments:

Please provide us with your name, address and telephone number in order for the committee to work with you in developing a more comprehensive list of your nominee’s activities. Thank you.

Your Name

Address

Phone Number

All nominations must be received in the Development Office,
Licking Memorial Hospital, 1320 West Main Street, Newark, Ohio 43055
by June 28, 2013, at 5:00 p.m.



Licking Memorial Health Systems

1320 West Main Street
Newark, Ohio 43055

Please take a few minutes to read this issue of **Community Connection**.

You'll once again see why Licking Memorial Health Systems is measurably different ... for your health!
Visit us at www.LMHealth.org.

A publication of the LMHS Public Relations Department. Please contact the Public Relations Department at (740) 348-1572 to receive future mailings.

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Community Events

For more information about any LMHS event, please call (740) 348-1572, or visit www.LMHealth.org

Active•Fit Community Service Event

Saturday, March 30, 9:30 a.m.
Downtown Newark at the Square

Join LMHS for a family community service event to beautify the Downtown Newark area. Participation at this event will count toward the Active•Fit program goals. Call LMHS Public Relations at (740) 348-1572 to register for this event.

First Impressions – Maternal Child Classes

Childbirth Education Classes Maternity Tour
Stork Tour Breastfeeding Class
Infant and Child CPR Sibling Preparation Class
Newborn Basics Class

For more information or to register, call (740) 348-4346 or e-mail: firstimpressions@LMHealth.org.

Ask the Doc

Saturdays, from 9:00 to 10:00 a.m.
No charge. Open to the public.
Shepherd Hill, 200 Messimer Drive, Newark

A physician will answer questions about chemical dependency and treatment options. Call (740) 348-4877 for more information.

Community Blood Pressure and Diabetes Management Screenings

Licking Memorial Wellness Center at C-TEC
150 Price Road, Newark
1:00 to 3:00 p.m. No charge.

Second Thursday of each month: blood glucose screenings
Fourth Thursday of each month: blood pressure screenings
No appointment required. Call (740) 364-2720 for more information.

Diabetes Self-Management (a four-class series)

Licking Memorial Diabetes Learning Center, 1865 Tamarack Road
Tuesday classes Wednesday classes
9:00 to 11:00 a.m. 1:00 to 3:00 p.m. or 7:00 to 9:00 p.m.

Registration and physician referral are required. To register, please call (740) 348-4722. For information on course fees, call (740) 348-4915. Fees vary depending on insurance coverage.